HEART HEALTHY + GLUTEN-FREE OPTIONS + LOW CARB + HIGH PROTEIN

AUSTRALIAN

diabetic LIVING

CANCER AND DIABETES

Yes, you can reduce your risks

WEIGHT LOSS SURGERY

How it can work for you

PLUS!

- ✓ MASHED SPUDS
- ✓ PANTRY HEROES
- ✓ AIR FRYER DINNERS

PULLED PORK RAGU WITH CELERIAC, PARSNIP & PARMESAN MASH

See page 62

LET'S GET cosy

FITNESS FOR FREE?
There's an app for that!

GESTATIONAL DIABETES
What a dietitan wants you to know

BEDTIME STORIES
Getting the sleep you need

MENU MATTERS
Eating out *and* staying healthy

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The Insiders Community

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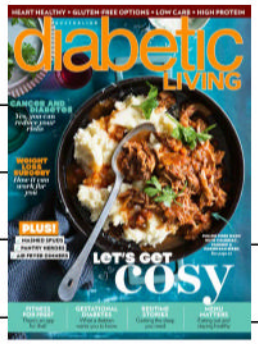

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COVER PHOTOGRAPHY
IMMEDIATE MEDIA

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Turn to page 128 and subscribe to *Diabetic Living*, for your chance to save up to 33% off the regular price!

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MAY/JUNE 2025

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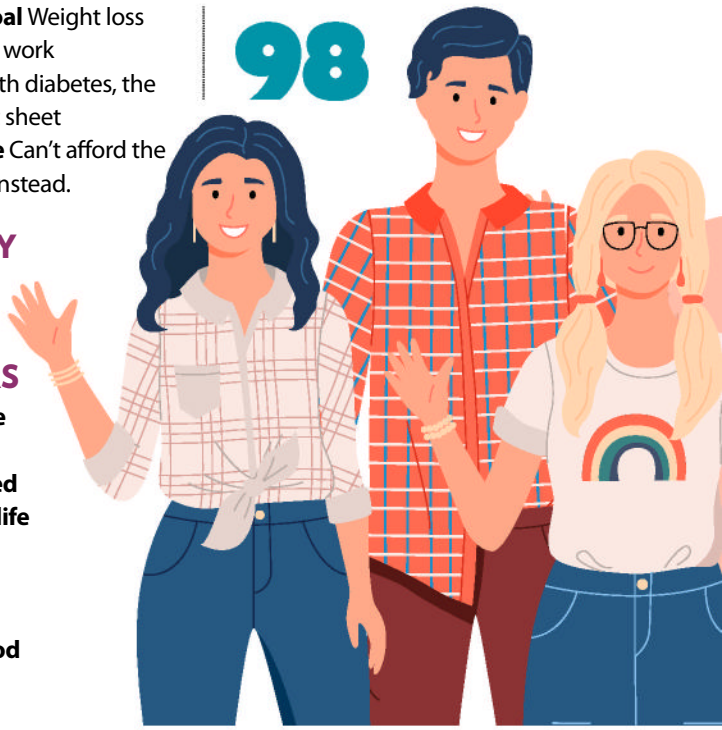

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NEXT ISSUE ON SALE APR 17

PHOTOGRAPHY IMMEDIATE MEDIA AND GETTYIMAGES

All change

Autumn is my favourite time of year. I love the change of seasons and the adjustments we make. Summer salads for dinner become heartier meals, evenings become longer and activities change from outdoor to indoor. I find this time of change a good point to tweak and update my routines - from food to fitness. If you're looking for a new exercise routine or some fresh inspiration, take a look at our feature on free fitness apps (page 118) to see what you can do with your smart phone and zero dollars. Perhaps now is also a good time to refocus your health or weight loss goals. New research from the CSRIO Total Wellbeing Diet shows how considered goal setting can have a big impact on a successful outcome. Take a look at the feature on page 110.

Cooler weather means comfort food and our cover star (pork ragu with celeriac mash) is just one of the delicious recipes featuring mashed potatoes in our Smash It feature (page 56). If you like something sweet with a cup of tea and a chat, take a look at our egg-free banana bread on page 77. You might be using only your microwave for defrosting and heating up leftovers, but turn to page 48 for deliciously warming dishes this appliance will have you eating in a snap. Leaving you plenty of time for the autumn activities you love.

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers

diabeticliving@aremedia.com.au

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need touse insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

TAKE THIS TO HEART

1 YOU'RE NOT ALONE
About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE
Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

Losing just 5 per cent of your body weight can have a positive impact.

WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes

YOUR healthy life

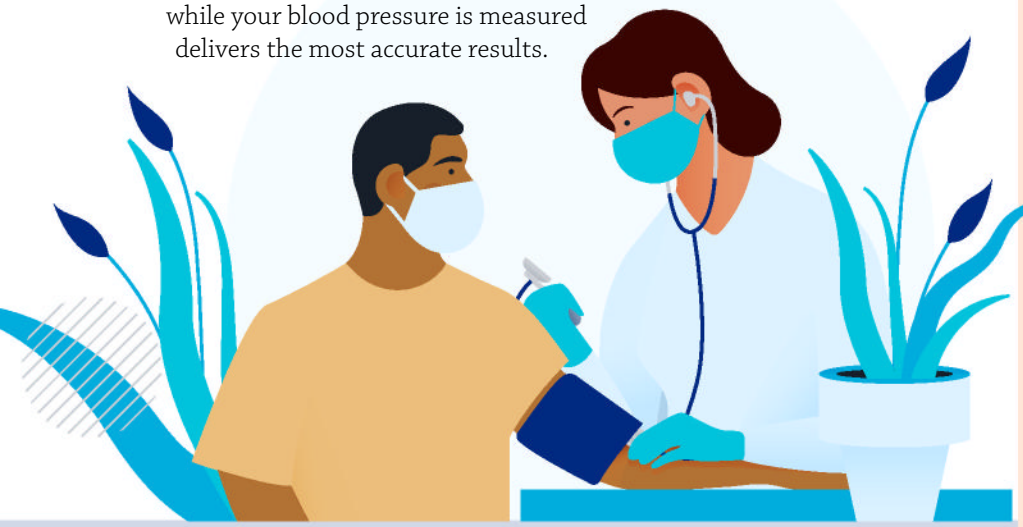
The latest global diabetes news

EXERCISE EACH DAY KEEPS appetite at bay

A recent study performed by researchers at Murdoch University in Western Australia shows that moderate-intensity exercise significantly influences appetite-related hormones. “Despite a strong focus on weight-loss drugs in society at present, this study shows that lifestyle factors still have a strong and relevant role in helping people live their healthiest life,” says Associate Professor Timothy Fairchild from the university’s School of Allied Health. “In fact, the hormones which have been shown to increase after exercise are the same hormones which most successful weight-loss drugs are mimicking. The added benefit of exercise is that you also receive the additional physical and mental health benefits of exercise.”

THE NEXT TIME YOU HAVE YOUR BLOOD PRESSURE MEASURED...

Make sure your arm is in a 'good' position, after researchers from Johns Hopkins Medicine discovered that some common arm positions used during blood pressure readings can substantially overestimate test results – sometimes by nearly 7mmHg for the systolic or top reading. So what's considered 'good'? While allowing your 'cuffed arm' to hang unsupported by your side or supporting it with your lap during the reading seems to produce overestimated results, supporting your arm firmly by using a desk or another surface while your blood pressure is measured delivers the most accurate results.



DIABETES medication that's good for your heart

The SGLT2 inhibitors commonly used to manage type 2 diabetes, such as Forxiga, Jardiance and Steglatro, may have additional health benefits for older adults, including reducing the risk of heart attacks. The University of Glasgow researchers behind the finding say it's something that could be taken into account by doctors when choosing which diabetes medication to prescribe. "Deciding on the best treatments for older people always requires careful balancing of risks and benefits," says the study's lead author, Dr Peter Hanlon. "Our findings that older people experienced greater benefits from these drugs, in terms of reduced heart attacks and strokes, is very encouraging."

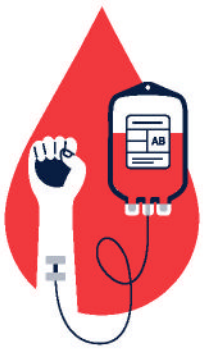
Q: I've recently started using a GLP-1 inhibitor to manage my type 2 diabetes. It's working well but I have noticed a huge drop off in my appetite and I'm concerned that I'll be left facing nutritional deficiencies in the long term. Is this a risk and should I consider taking a supplement?

Dr Marsh says: GLP-1 inhibitors can help with both blood glucose and weight management, partly due to their impact on appetite. While this can help with weight loss, you are correct that it can also be a problem if you're unable to eat enough to meet your nutritional needs as this can lead to deficiencies of certain nutrients and loss of muscle mass.

While taking these medications, it's important to focus on nutrient density and particularly adequate protein intake to help with maintaining muscle mass as you lose weight. I would recommend seeing an Accredited Practising Dietitian who can assess your current intake and provide individualised advice to help ensure that you are still meeting your nutritional needs despite eating less.

Supplements may be useful, but they can't replace everything that you can get from whole food. It's also important to get personalised advice regarding supplements, which considers your current food intake, medical history and any medications you are taking.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator



SAVE THE DATE 14 June

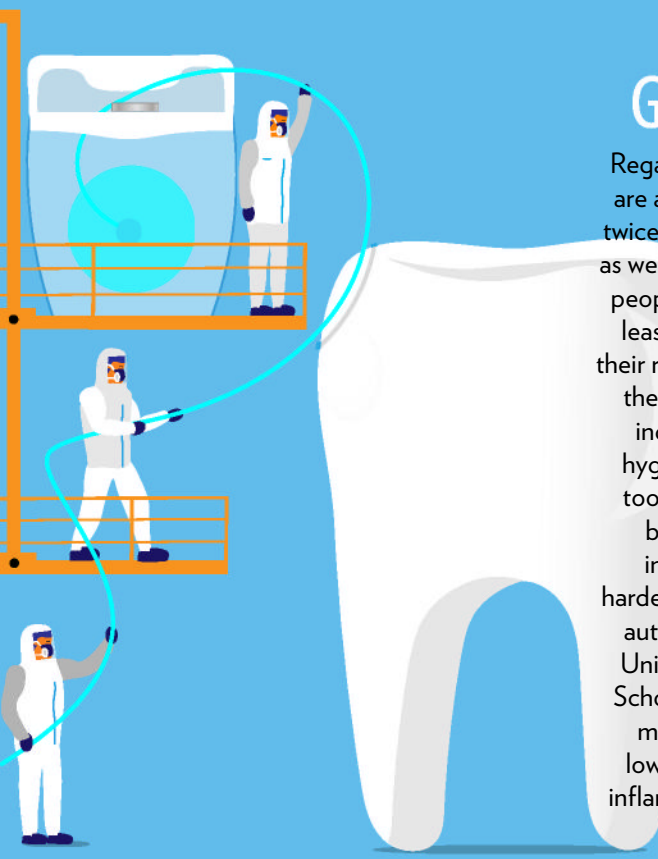
World Blood Donor Day is June 14, a global initiative designed to raise awareness of the need for safe blood and blood products. Each year, one in 30 people living in Australia give blood, but in order to make sure the country has enough blood for those who need it, there's always a need for more donors. Many people living with diabetes are able to donate blood. Visit lifeblood.com.au/blood/eligibility to check whether you're eligible.

ANOTHER REASON TO AVOID ULTRA-PROCESSED FOODS

Research has already shown how eating a lot of ultra-processed food increases the risk of disease, affects mental health and may even increase the risk of early death. And now, a new study suggests they're also closely linked with higher blood glucose levels for people living with type 2 diabetes. So, what are ultra-processed foods? Essentially they are ready-to-eat products such as chips, biscuits, instant sauces, sausages, chicken nuggets, instant soups, cake mix, packaged snacks and ready-made meals. To reduce your intake, stick to as many wholefood items and ingredients as you can and avoid packaged foods which have a long list of chemical-sounding ingredients.

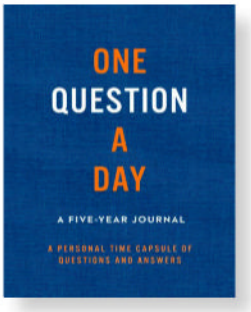
Make a stand for your sleep

Spending too much time sitting has long been linked to poorer health outcomes – and a new study has just added another to the list. It turns out people with sedentary jobs are 37 per cent more likely to experience insomnia, including difficulty falling asleep, interrupted sleep and frequent daytime tiredness. So, what to do if your job unavoidably involves loads of sitting? On top of making the effort to move your body for just a few minutes every half an hour during periods of prolonged sitting, research also shows that people who get more planned physical activity tend to have less-troubled sleep and better sleep quality.



Get flossing!

Regardless of how vigilant you are about brushing your teeth twice a day, don't forget to floss as well. New research shows that people who floss their teeth at least once a week may lower their risk of having a stroke – and the health kick is likely to be independent of other oral hygiene measures, including tooth brushing. "Oral health behaviours are linked to inflammation and artery hardening," says the study's lead author, Souvik Sen from the University of South Carolina School of Medicine. "Flossing may reduce stroke risk by lowering oral infections and inflammation and encouraging other healthy habits."



One Question a Day

By Aimee Chase
Castle Point Books, $32.99

Add meaning to your life and enjoyment to your day with this modern-day five-year journal. Packed full of thought-provoking questions that are designed to reveal your unique personality and point of view, your daily entries will flow naturally. Over time, you'll be rewarded with powerful insight as you notice how your answers change or remain the same, over time.

Nancy's Green and Easy Kitchen

By Nancy Birtwhistle
One Boat, $54.99

From the Sunday Times bestselling author who's loved for her down-to-earth approach to all things eco-friendly comes this brand new cookbook. Featuring flexible recipes that empower you to use what you have in the fridge, you'll also discover how to make the most of seasonal ingredients while learning how to cook in a more sustainable, efficient way – all without breaking the bank.

Q: I've just been diagnosed with neuropathy. I know this bumps up my risk of an amputation so I'm really worried – but I'm also inspired to do everything I can to look after my feet. Is it possible to 'reverse' neuropathy or will it just get steadily worse?

Danielle says: Peripheral neuropathy (nerve damage in the peripheries) can be managed or sometimes improved but this depends on the underlying cause. While diabetes is the most common cause, there are other factors that can cause it too. It can be hard to distinguish but there are a range of tests and tools that can be used to identify and eliminate other causes depending on signs and symptoms.

While it may not be possible to 'reverse' diabetes-related peripheral neuropathy there are things you can do to help prevent its progression as well as manage any symptoms you're experiencing. Diabetes management is critical: for example, maintaining stable BGLs, as extreme fluctuations can cause increased nerve irritation. Lifestyle changes, including a healthy diet, regular exercise, managing blood pressure, reducing alcohol and not smoking can all help reduce risk.

If painful symptoms progress you may need to consider medication or other treatment. Daily footcare is essential and should include a visual inspection of the feet, washing and moisturising the skin, and protecting them with well-fitting shoes. Regular foot checks by a professional can keep you well informed and empower you with strategies to help reduce your risk of complications.

Danielle Veldhoen, podiatrist

IT'S TIME TO 'THINK PHARMACY FIRST'

The latest data shows that 40 per cent of people in Australia wait an unacceptable length of time to see their GP, with one in 10 of us waiting more than three weeks for an appointment. This jumps to one in five in regional Australia. As a result, the Pharmacy Guild of Australia is urging people to 'think pharmacy first' for the treatment of everyday health conditions, with pharmacists across the country upskilling to deliver more for patients, including being able to issue prescriptions and advice for minor ailments like earaches, skin conditions and UTIs. "We are putting our hands up to do more, to take the pressure off GPs and, more importantly, to keep Australians out of emergency departments," says the Guild's National President, Professor Trent Twomey. "With pharmacy playing a more versatile role in the healthcare system, Australians with more serious conditions can be seen by their GP faster, when they need it most."

More evidence that depression can be genetic

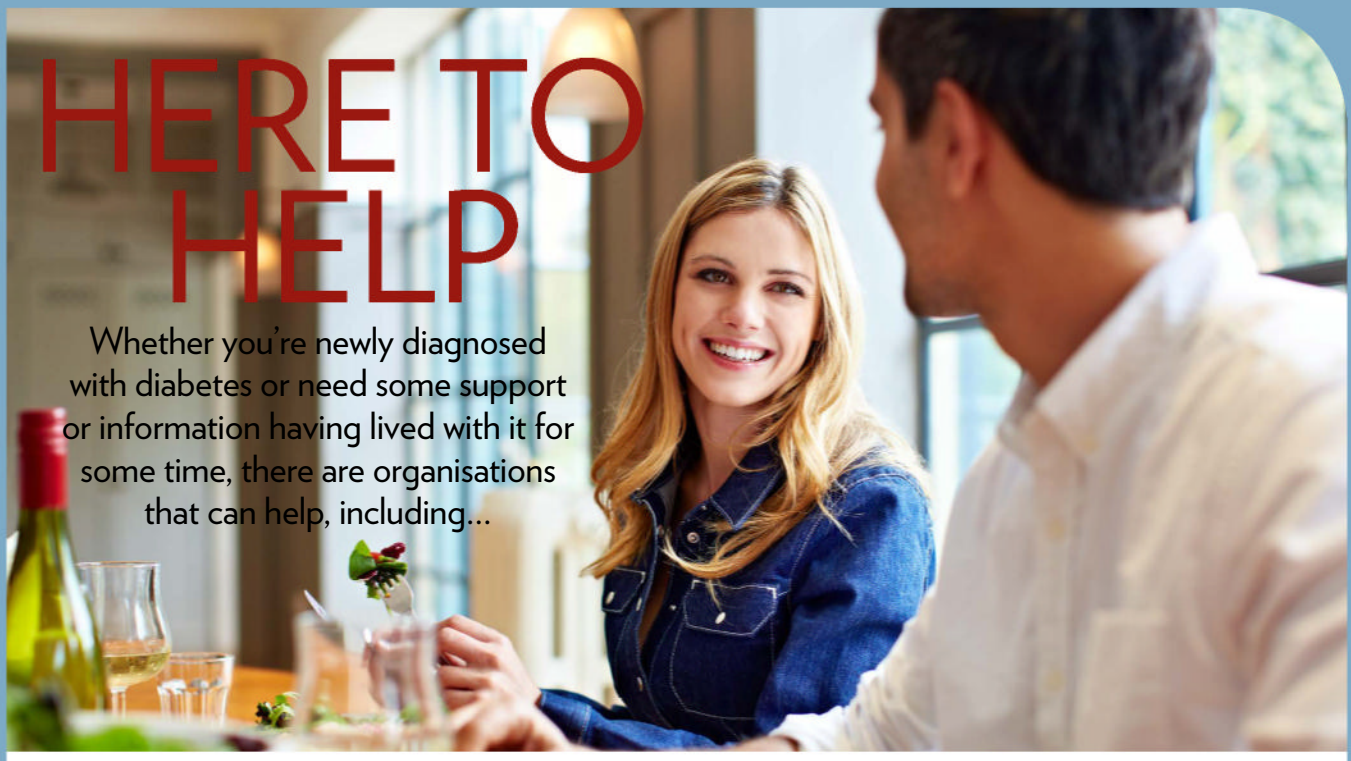
While depression doesn't have a clear pattern of inheritance in families, people who have a first-degree relative with the mental health condition are two to three times more likely to develop it themselves. Now, a new study has revealed nearly 300 previously unknown genetic links to depression. As well as helping clinicians predict who may be at a higher risk of developing the mental health condition in their lifetime, the researchers are also hopeful the discovery will lead to new targets for treatment.

Don't be FOOLED

Diabetes Australia is warning people about the steep rise in fraudulent advertisements and scams for bogus and questionable blood glucose monitoring devices and other diabetes-related products. This includes many that falsely claim they've been endorsed by Diabetes Australia to boost credibility. The ads often appear on social media platforms and are designed to exploit trust and target people living with diabetes. Diabetes Australia advises people to remain vigilant and to verify product claims through trusted sources before making any purchases.

WORDS KAREN FITTALL. PHOTOGRAPHY GETTY IMAGES

HERE TO HELP



PHOTOGRAPHY: GETTY IMAGES

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...

DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit **diabetesaustralia.com.au**.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS) An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit **ndss.com.au** or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA) Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to **adea.com.au** to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF) Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to **jdrf.org.au** to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit **footforward.org.au**

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit **keepsight.org.au**

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to **mydesmondaustralia.com.au** to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS) While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit **ndis.gov.au** or call **1800 800 110** for more information.

HOW OUR FOOD WORKS FOR YOU
see page 90

5 DAYS 5 DINNERS

Five flavoursome and nutritious weeknight meals, already planned out for you!

MONDAY

Pasta salad with tuna, capers & balsamic dressing

Recipe, page 18

TUESDAY

GFO LC

GREEK BEANS WITH SEARED LAMB

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

250g lamb fillet, trimmed of fat
3 tsp olive oil
2 cloves garlic, crushed
½ brown onion, chopped
1 tbsp no-added-salt tomato paste
½ bunch dill, most chopped
2 tsp red wine vinegar
250ml (1 cup) salt-reduced chicken stock or gluten-free stock
400g can butter beans, drained
2 tbsp crumbled reduced-fat feta

1 Rub the lamb with 1 teaspoon of the oil and 1 clove garlic. Season well with freshly ground black pepper. Set aside.

2 Heat the remaining oil in a medium non-stick frying pan over medium heat. Add the onion and remaining garlic. Cook, stirring occasionally, for 8 minutes or until soft. Add the tomato paste, chopped dill, vinegar, stock and beans. Season with pepper. Simmer for 15 minutes or until most of the liquid evaporates.

3 Meanwhile, heat a small non-stick frying pan over medium-high heat. Add the lamb and cook for 5-6 minutes, turning occasionally, or until medium (or cooked to your liking). Transfer to a plate, cover loosely with foil and set aside. Thickly diagonally slice the lamb.

4 Divide the bean mixture between serving plates. Sprinkle over the feta and remaining dill. Serve with the lamb.

NUTRITIONAL INFO

PER SERVE 1580kJ (378Cal), **protein** 38g, **total fat** 15g (sat. fat 6g), **carbs** 22g, **fibre** 11g, **sodium** 784mg • **Carb exchange** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

WEDNESDAY

Miso chicken and rice soup

Recipe, page 20

GFO LCO

PASTA SALAD WITH TUNA, CAPERS & BALSAMIC DRESSING

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

120g dried orecchiette pasta or gluten-free pasta
185g can tuna in spring water, drained
2 tsp drained capers
80g marinated red peppers, chopped
2 stalks celery, chopped
100g yellow, red or a mixture of cherry tomatoes, halved
2 tbsp balsamic vinegar
1½ tbsp extra virgin olive oil
50g rocket leaves
Small handful basil leaves

1 Cook the pasta in a medium saucepan of boiling water following packet directions, until al dente. Drain and rinse the pasta under cold water. Set aside to drain again for 5 minutes.

2 Tip the pasta into a large bowl. Add the tuna, capers, peppers, celery, vinegar, oil and rocket. Season with pepper. Toss to combine.

3 Divide the pasta between serving bowls. Scatter over the basil leaves and serve.

NUTRITIONAL INFO

PER SERVE 2040kJ (488Cal), **protein** 30g, **total fat** 16g (sat. fat 3g), **carbs** 52g, **fibre** 5g, **sodium** 330mg
• **Carb exchanges** 3½ • **GI estimate** low
• **Gluten-free option**

LOWER-CARB OPTION

Replace the orecchiette pasta with 120g Atkins Low Carb Penne, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 2000kJ (478Cal), **protein** 52g, **total fat** 16g (sat. fat 3g), **carbs** 25g, **fibre** 11g, **sodium** 357mg
• **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GF

TURKEY CHILLI WITH JACKET POTATOES

PREP 10 MINS **COOK** 45 MINS
SERVES 2 (AS A MAIN)

2 x 200g each Zerella Spud Lite Potatoes
2 tsp olive oil
½ brown onion, chopped
1 small clove garlic, crushed
150g turkey breast mince
2 tsp smoked paprika
2 tsp ground cumin
2 tsp apple cider vinegar
2 tsp brown sugar
185ml (¾ cup) passata
40g (⅓ cup) vintage cheddar cheese, grated, to serve
2 green shallots, chopped, to serve

1 Preheat oven to 180°C (fan-forced). Line a baking tray with non-stick baking paper. Use a fork to prick the potatoes all over. Rub with a little of the oil and place on the tray. Bake for 45 minutes or until tender.

2 Meanwhile, heat the remaining oil in a large non-stick frying pan over medium heat. Add the onion and garlic, and season with freshly ground black pepper. Cook, stirring often, for 5 minutes or until the onion starts to soften. Add the turkey mince and increase the heat to high. Use the back of a spoon to break up the mince, cooking for 3-4 minutes or until cooked through. Add the paprika, cumin, vinegar, sugar and passata. Reduce to a simmer and cook, stirring occasionally, for 10 minutes or until the liquid reduces.

3 Cut a cross in the top of each potato and spoon in the chilli. Sprinkle with the cheese and shallots and serve.

NUTRITIONAL INFO

PER SERVE 1540kJ (368Cal), **protein** 28g, **total fat** 14g (sat. fat 6g), **carbs** 28g, **fibre** 7g, **sodium** 392mg
• **Carb exchanges** 2 • **GI estimate** medium
• **Gluten free**

THURSDAY

Turkey chilli with jacket potatoes

Recipe, opposite

GFO

MISO CHICKEN & RICE SOUP

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

250ml (1 cup) salt-reduced chicken stock or gluten-free stock
250ml (1 cup) water
2 x 125g skinless chicken breasts, trimmed of fat
3 tbsp long-grain rice
4 small carrots, halved lengthways
1½ tbsp miso paste or gluten-free miso
3 tsp salt-reduced soy sauce or gluten-free soy sauce
1 tbsp mirin
2 green shallots, sliced

1 Put the stock and water in a medium saucepan and bring to a gentle boil over medium heat. Add the chicken breasts and simmer for 8 minutes or until the chicken is cooked through. Remove the chicken from the pan and set aside to cool slightly. Shred the chicken and set aside.

2 Add the rice and halved carrots to the hot stock. Increase heat to high and bring to the boil. Reduce heat to medium-low and cook, covered, for 10 minutes or until the rice is cooked and the carrots are tender.

3 Return the chicken to the pan with the miso paste, soy sauce and mirin. Heat through.

4 Divide the soup between serving bowls. Sprinkle over the green shallots and serve.

NUTRITIONAL INFO

PER SERVE 1370kJ (328Cal), **protein** 33g, **total fat** 3g (sat. fat 1g), **carbs** 37g, **fibre** 6g, **sodium** 964mg
• **Carb exchanges** 2½ • **GI estimate** medium
• **Gluten-free option**

GFO LCO

PAD THAI WITH PRAWNS

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

200g pkt Obento Udon Noodles or gluten-free noodles
2 tsp olive oil
250g green prawns, peeled and deveined
4 green shallots, chopped
2 x 60g eggs, whisked
2 tbsp unsalted roasted peanuts, chopped
Small handful coriander leaves
Lime wedges, to serve

SAUCE
2 tbsp tamarind purée
1 tbsp fish sauce
Juice 1 lime
1 tbsp brown sugar

1 Cook the noodles in a medium saucepan of boiling water over medium-high heat for 3 minutes or until the noodles soften. Drain and rinse in cold water.

2 Meanwhile, to make the sauce, combine all the ingredients in a small bowl.

3 Heat half the oil in a wok over high heat. Add the prawns and green shallots, and cook, stirring quickly, for 1 minute or until the prawns turn pink. Push the prawns to the side of the wok and add the remaining oil. Add the egg and let sit for 30 seconds, then scramble until cooked. Add the noodles and sauce, and cook, stirring continuously, for 3 minutes or until everything is hot.

4 Divide the noodles between serving bowls. Sprinkle over the peanuts and coriander. Serve the lime wedges on the side for squeezing over.

NUTRITIONAL INFO

PER SERVE 1920kJ (459Cal), **protein** 27g, **total fat** 16g (sat. fat 4g), **carbs** 49g, **fibre** 6g, **sodium** 867mg
• **Carb exchanges** 3½ • **GI estimate** medium
• **Gluten-free option**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTY IMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

LOWER-CARB OPTION

Replace the udon noodles with 200g Chang's Super Lo-Cal Wok-Ready Noodles, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1470kJ (352Cal), **protein** 23g, **total fat** 16g (sat. fat 4g), **carbs** 25g, **fibre** 8g, **sodium** 782mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

FRIDAY

Pad Thai with prawns

Recipe, opposite

Not sure what to do with the remaining ingredients? Take inspiration from these tasty tips

LOVE YOUR LEFTOVERS

GROCERIES

MISO PASTE: Use in marinades or to make miso & chicken soup.

PEANUTS: Use in salads, sprinkle over stir-fries and curries.

TAMARIND PUREE: Use in sauces, chutneys, marinades and dressings.

PASTA: Cook and use to make a yummy tuna & vegie pasta bake, cook and use to make a chicken pasta salad.

CAPERS: Finely chop and use in dressings, add to salads, pasta sauces and Moroccan casseroles.

PEPPERS: Use on toasted sandwiches, thinly slice and use in salads or pasta sauces and pizzas.

FETA: Finely chop or crumble and use in salads, pasta salads or sprinkle over roasted vegetables before serving.

PASSATA: Freeze in a small airtight container for another day.

CHEESE: Use on toasties, to make mac and cheese or finely chop and use in salads.

FRUIT & VEGETABLES

CORIANDER: Toss into salads, sprinkle over curries and casseroles.

POTATOES: Use to make potato salad, roasts, casseroles and oven baked chips.

CELERY: Cut into sticks and eat with a few tablespoons of hummus as a snack, add to salads or use in sandwiches.

CHERRY TOMATOES: Slice and put on a pizza, eat as a snack or use in salads and pasta sauces.

SHALLOTS: Thinly slice and place on top of pizzas before serving, finely chop and use in dressings or sprinkle over stir-fries.

BASIL: Make a quick tomato and basil salad with halved cherry tomatoes or wedges of tomato, torn basil leaves, crushed garlic and a little olive oil, balsamic vinegar and freshly ground black pepper. Sprinkle over torn pieces of bocconcini and serve with chargrilled or grilled chicken or seafood.

DILL: Finely chop and use in dressings or sauces for seafood or chicken. ■

PHOTOGRAPHY GETTY IMAGES

SHOPPING LIST

GROCERIES

- ❑ 500ml carton salt-reduced chicken stock
- ❑ 200g jar miso paste
- ❑ 200g pkt Obento udon noodles
- ❑ 375g pkt unsalted roasted peanuts
- ❑ 220g jar tamarind puree
- ❑ 500g pkt dried orecchiette pasta
- ❑ 185g can tuna in springwater
- ❑ 230g jar capers in vinegar
- ❑ 285g jar marinated red peppers
- ❑ 400g can butter beans

PANTRY

- ❑ Long-grain rice
- ❑ Salt-reduced soy sauce
- ❑ Mirin
- ❑ 400g jar pasatta
- ❑ Extra virgin olive oil
- ❑ 2 x 60g eggs
- ❑ Fish sauce
- ❑ Brown sugar
- ❑ 3 cloves garlic
- ❑ Smoked paprika
- ❑ Ground cumin
- ❑ Apple cider vinegar
- ❑ Balsamic vinegar
- ❑ Red wine vinegar
- ❑ No-added-salt tomato paste

[subhead] What can you do to reduce your risk?

While the link between type 2 diabetes and cancer may seem concerning, the good news is there you can take steps to reduce your risk:

- ❑ Optimise your diabetes management. Work with your healthcare team to keep your blood

FRUIT & VEGETABLES

- ❑ 4 small carrots
- ❑ ½ bunch green shallots
- ❑ 1 bunch coriander
- ❑ 1 lime
- ❑ 1.5kg pkt Zerella Spud Lite Potatoes
- ❑ 1 brown onion
- ❑ ½ bunch celery
- ❑ 1 x 200g pkt grape or cherry tomatoes
- ❑ 50g rocket leaves
- ❑ 1 bunch basil
- ❑ 1 bunch dill

CHILLED

- ❑ Small block Red Leicestershire cheese
- ❑ 200g pkt reduced-fat feta

POULTRY & MEAT

- ❑ 2 x 125g skinless chicken breast fillets
- ❑ 150g turkey breast mince
- ❑ 250g lamb fillet

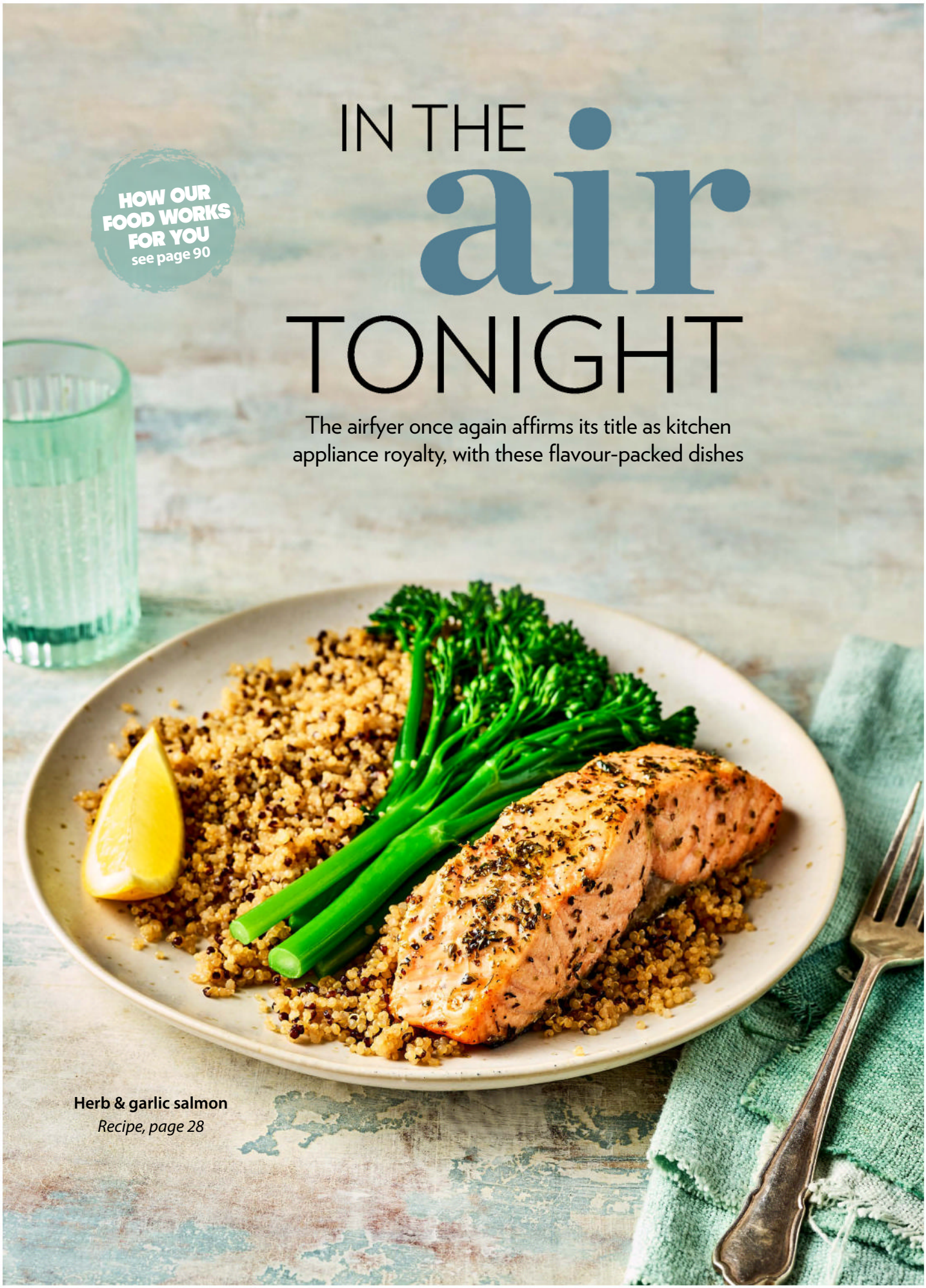
SEAFOOD

- ❑ 250g green prawns

HOW OUR FOOD WORKS FOR YOU
see page 90

IN THE air TONIGHT

The airfyer once again affirms its title as kitchen appliance royalty, with these flavour-packed dishes



Herb & garlic salmon
Recipe, page 28

Smoked paprika & oregano potato wedges
Recipe, page 28

COOK'S TIP

To make a main meal, toss 400g Zerella Spud Lite Potatoes (halved), and 2 chopped parsnips in 2 tsp olive oil and roast in the air-fryer (after cooking the chicken) at 200°C for 20-30 minutes or until tender. Serve with 3 carrots (sliced and steamed) and the chicken thighs.

NUTRITIONAL INFO

PER SERVE (serving suggestion) 2130kJ (510Cal), **protein** 28g, **total fat** 34g (sat. fat 10g), **carbs** 19g, **fibre** 6g, **sodium** 152mg • **Carb exchanges** 1½ • **GI estimate** medium

Roasted chicken thighs

Recipe, page 28

HEALTH TIP

To lower the total fat and saturated fat content of this meal, try using skinless chicken thighs.

Baked potatoes
Recipe, page 30

COOK'S TIP

To speed up the cooking time, you can microwave on High/100% for 8-10 minutes before air-frying for 15-20 minutes.

GF LCO

HERB & GARLIC SALMON

PREP 5 MINS **COOK** 10 MINS
SERVES 4 (AS A MAIN)

1 tsp freshly cracked pepper
1 tsp dried mixed herbs
1 tsp garlic granules
4 x 130g boneless salmon fillets
2 tsp olive oil
3 cups cooked mixed coloured quinoa, to serve
2 bunches broccolini, steamed, to serve
Lemon wedges, to serve

1 Combine the pepper, mixed herbs and garlic granules in a bowl. Sprinkle the mixture onto a large plate. Brush each salmon fillet with a little oil and roll in the seasoning

2 Heat air-fryer to 180°C. Put the salmon in the air fryer basket in one layer and cook for 8-10 minutes or until cooked through. If you have larger salmon fillets they will need to be cooked for longer – keep checking after 10 minutes and cook in 1-2 minute blasts, until ready.

3 Serve the salmon with the quinoa and broccolini, with lemon wedges on the side.

NUTRITIONAL INFO

PER SERVE 2100kJ (502Cal), **protein** 34g, **total fat** 27g (sat. fat 6g), **carbs** 27g, **fibre** 7g, **sodium** 61mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

LOWER-CARB OPTION
Replace the quinoa with extra steamed vegetables, such as 1 cup (100g) snow peas, 2 sliced carrots, and 2 cups (230g) of cauliflower florets.

NUTRITIONAL INFO

PER SERVE 1660kJ (397Cal), **protein** 32g, **total fat** 25g (sat. fat 5g), **carbs** 10g, **fibre** 6g, **sodium** 109mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF

SMOKED PAPRIKA & OREGANO POTATO WEDGES

PREP 10 MINS **COOK** 40 MINS
SERVES 6 (AS A SNACK OR SIDE)

850g Zerella Spud Lite Potatoes, unpeeled, cut into wedges
2 tbsp olive oil
1 tsp smoked paprika
1 tsp dried oregano
1 tsp onion powder

1 Put the potato wedges in a heatproof bowl, cover with water and leave to soak for 30 minutes. Drain, then return to the bowl and cover with boiling water. Leave to soak for 15 minutes, then drain again and pat dry using a clean tea towel.

2 Tip the wedges into a clean bowl and toss with the oil, smoked paprika, oregano, onion powder and freshly ground black pepper.

3 Preheat the air-fryer to 200°C. Add the wedges and cook for 30-40 minutes (depending on how crispy you like your potatoes) shaking every 10 minutes to ensure even cooking.

NUTRITIONAL INFO

PER SERVE 532kJ (127Cal), **protein** 2g, **total fat** 6g (sat. fat 1g), **carbs** 13g, **fibre** 2g, **sodium** 15mg • **Carb exchanges** 1 • **GI estimate** high • **Gluten free**

GF LC

ROASTED CHICKEN THIGHS

PREP 10 MINS **COOK** 20 MINS
SERVES 4 (AS A PART OF A MAIN)

1 tsp paprika
½ tsp dried mixed herbs
½ tsp garlic granules
4 (170g each) chicken thighs with skin, bone in, trimmed of fat
1 tsp olive oil

1 Combine the paprika, herbs and garlic granules in a bowl. Season with pepper. Sprinkle the mixture over a plate. Rub the chicken thighs with the oil, then coat in the spice mix.

2 Heat air-fryer to 180°C. Put the chicken in the basket of your air fryer and cook, skin-side down, for 10 minutes. Turn over and cook for a further 10-15 minutes until cooked through and the skin is crispy. To check they are cooked, pierce the thickest part of the thigh with a knife to see if the juices run clear. Remove from the air fryer immediately to stop the skin from softening.

NUTRITIONAL INFO

PER SERVE (chicken only) 1610kJ (385Cal), **protein** 26g, **total fat** 31g (sat. fat 9g), **carbs** 0g, **fibre** 0g, **sodium** 88mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

GF LC

AIR-FRYER CORN COBS

PREP 5 MINS **COOK** 20 MINS
SERVES 4 (AS A SNACK OR SIDE)

2 corn cobs, cut into three, or 4 pre-cut cobs
1 tbsp olive oil
1 tsp smoked paprika
1 tsp onion powder
Handful chopped flat-leaf parsley
1 lime, cut into wedges, to serve

1 Put the corn cob pieces in a bowl and rub with the oil. Scatter over the smoked paprika, onion powder and freshly ground black pepper. Rub into the corn so it is well coated.

Air-fryer corn cobs
Recipe, opposite

2 Heat the air-fryer to 180°C. Add the corn and cook for 15-18 minutes or until it softens and starts to brown slightly.

3 Transfer the corn to a platter. Scatter over the parsley and serve with the lime wedges for squeezing over.

NUTRITIONAL INFO

PER SERVE 496kJ (119Cal), **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 10g, **fibre** 4g, **sodium** 19mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GFO

BAKED POTATOES

PREP 5 MINS
COOK 1 HOUR – 1 HOUR 15 MINS
SERVES 4 (AS A MAIN MEAL)

4 (about 250g each) Zerella Spud Lite Potatoes
½ tbsp olive oil
1 x 555g can reduced-salt baked beans or gluten-free baked beans, heated
90g (¾ cup) reduced-fat grated mozzarella

1 Scrub the potatoes, then pat dry with paper towel. Transfer to a plate, drizzle over the oil and rub it into the skins using your hands so the potatoes are well-coated. Season with freshly ground black pepper.

2 Heat air-fryer to 200°C. Arrange the potatoes in a single layer in an air fryer basket. Cook for 40-50 minutes, or until a sharp knife goes through the potatoes easily. Check the potatoes after 20 minutes – if they seem to be browning too quickly on one side, turn them over using tongs, then check again after another 20 minutes to ensure they're cooked through. The size of the potato and model of air-fryer may affect the cooking time.

3 When ready, the skin should be crisp and the inside tender and fluffy. Split and fill with the warm baked beans. Sprinkle with the cheese and serve.

NUTRITIONAL INFO

PER SERVE 1370kJ (328Cal), **protein** 17g, **total fat** 7g (sat. fat 3g), **carbs** 38g, **fibre** 10g, **sodium** 563mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

GFO

POPCORN CAULIFLOWER WITH YOGHURT & HERB DRESSING

PREP 15 MINS **COOK** 20 MINS
SERVES 4 (AS A MAIN MEAL)

1 medium (about 1kg) cauliflower
125g plain flour or gluten-free flour
2½ tbsp finely grated parmesan
1 tsp onion granules
½ tsp dried oregano
1 tsp paprika
1 x 60g egg
150ml skim milk
80g (½ cup) panko breadcrumbs or gluten-free breadcrumbs
1 tbsp olive oil, for drizzling

YOGHURT & HERB DRESSING
150g reduced-fat Greek yoghurt
Pinch onion granules
2 tbsp chopped chives

1 Yoghurt & herb dressing: Put the yoghurt, onion granules and half the chives in a small bowl. Season with pepper. Mix to combine. Transfer to a small serving bowl. Sprinkle over the remaining chives. Cover and keep in the fridge until needed.

2 Cut the cauliflower into small florets and set aside. Combine the flour, parmesan, onion granules, dried oregano and paprika in a bowl. Mix in the egg and as much milk as you need to create a thick batter. Season well with pepper and set aside. Tip the breadcrumbs onto a plate. Dip the florets into the batter, shake off any excess, then roll in the breadcrumbs to coat. Transfer to a plate.

3 Heat the air-fryer to 200°C for 2-3 minutes. Put the cauliflower in the basket in a single layer (you'll need to cook in batches) and cook for 15-20 minutes or until golden and crisp.

4 Serve the popcorn cauliflower with the yoghurt & herb dressing.

NUTRITIONAL INFO

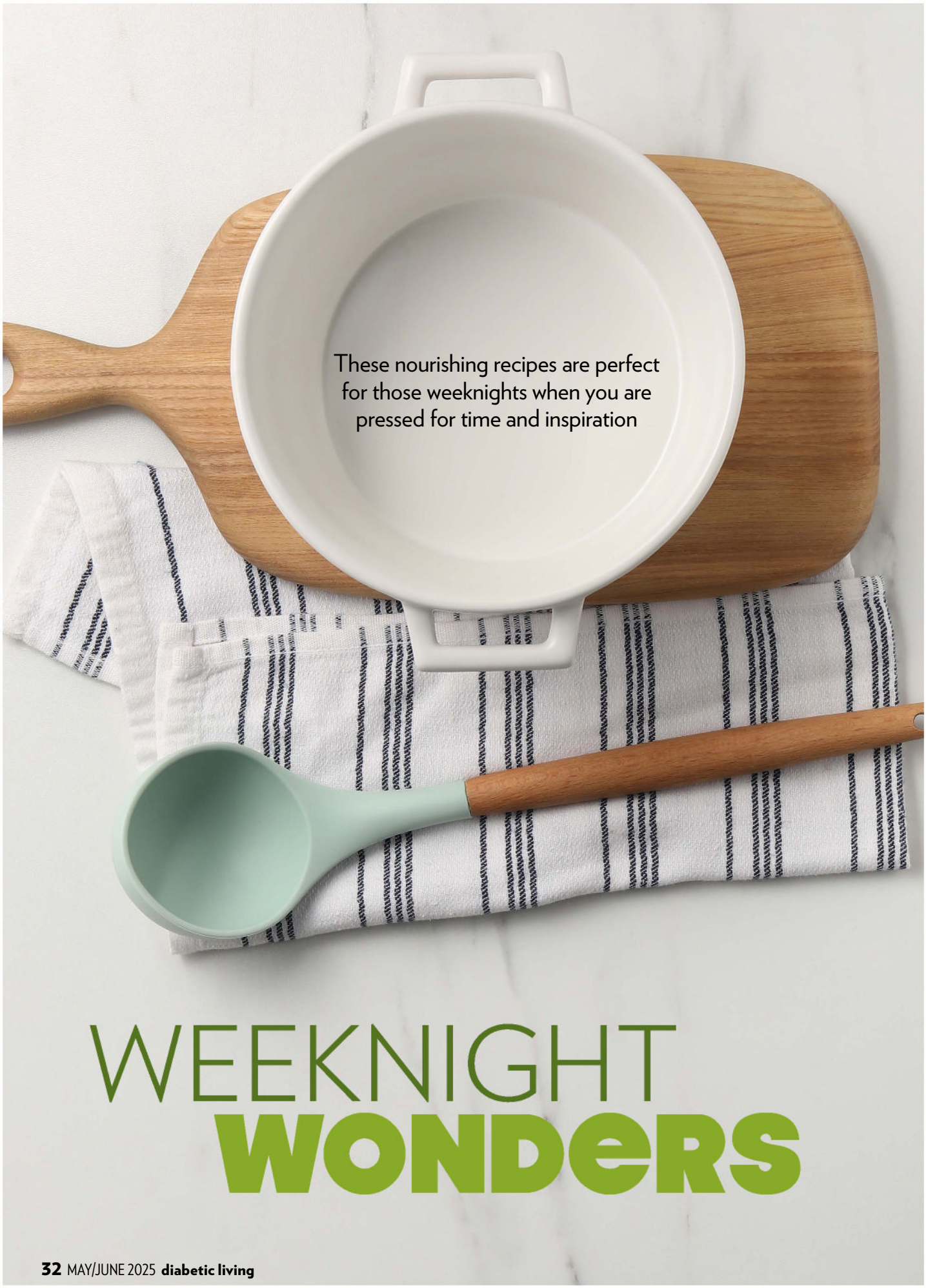
PER SERVE 1520kJ (364Cal), **protein** 18g, **total fat** 10g (sat. fat 3g), **carbs** 48g, **fibre** 5g, **sodium** 340mg • **Carb exchanges** 3 • **GI estimate** high • **Gluten-free option**

COOK'S TIP

Alternatively, to cook in the oven, drizzle over a little olive oil and bake at 180°C (fan-forced) for 20 minutes or until golden and crisp. Serve straightaway with the dip.

Popcorn cauliflower with yoghurt & herb dressing
Recipe, opposite

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTY IMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



These nourishing recipes are perfect for those weeknights when you are pressed for time and inspiration

WEEKNIGHT WONDERS

HOW OUR FOOD WORKS FOR YOU
see page 90

Mushroom and rice one-pot
Recipe, page 36

GFO LCO

SPAGHETTI WITH LEEKS, PEAS & PESTO

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

120g dried spaghetti or gluten-free spaghetti
150g (1 cup) frozen peas
1 tbsp olive oil
2 large leeks, trimmed, washed, thinly sliced
1 tbsp basil pesto or gluten-free pesto
1 tbsp finely grated parmesan

1 Cook the spaghetti in a large saucepan of boiling water following pack instructions, adding the peas in the final 2 minutes of cooking. Drain the pasta and peas, reserving a little of the cooking water.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat. Add the leeks and cook, stirring occasionally, for 5 minutes. Stir in the pesto and 3 tbsp of the reserved pasta cooking water. Simmer for 2 minutes.

3 Add the drained pasta and peas to the frying pan and toss to combine and heat through. Sprinkle with a little grated parmesan. Serve.

NUTRITIONAL INFO

PER SERVE 2100kJ (502Cal), **protein** 20g, **total fat** 19g (sat. fat 4g), **carbs** 56g, **fibre** 14g, **sodium** 128mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the spaghetti with 120g Slendier Soy Bean Spaghetti, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1520kJ (364Cal), **protein** 21g, **total fat** 20g (sat. fat 4g), **carbs** 17g, **fibre** 17g, **sodium** 129mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free optio**n • **Lower carb**

COOK'S TIP

Alternatively, you can grill the burgers under a high heat (or on the barbecue, if the weather is nice enough) for 6-8 minutes on each side

Lighter lamb burgers with smoky oven chips

Recipe, page 38

GFO

MUSHROOM & RICE ONE-POT

PREP 20 MINS **COOK** 30 MINS
SERVES 4 (AS A MAIN)

215g (1 cup) basmati rice
1 tbsp olive oil
1 large brown onion, chopped
2 tsp chopped rosemary or 1 tsp dried rosemary
250g Swiss brown mushrooms, quartered
2 red capsicums sliced
400g can no-added-salt chopped tomatoes
425ml salt-reduced vegetable stock or gluten-free stock
Handful flat-leaf parsley, chopped

1 Preheat oven to 170°C (fan-forced). Tip the rice into a sieve and rinse under cold running water until the water runs clear. Set aside to drain for 5 minutes.

2 Heat the oil in a large flameproof and ovenproof casserole dish over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes or until the onion starts to soften.

2 Add the rosemary and mushrooms to the dish. Cook, stirring occasionally, for 2 minutes. Add the rice and stir to coat in the oil. Add the capsicum, chopped tomatoes, stock and some freshly ground black pepper. Bring to the boil over high heat. Stir. Cover tightly with a lid, then bake for 20-25 minutes or until the rice is tender. Scatter over the parsley and serve.

NUTRITIONAL INFO

PER SERVE 1240kJ (297Cal), **protein** 9g, **total fat** 6g (sat. fat 1g), **carbs** 49g, **fibre** 5g, **sodium** 290mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

GF LC

TARRAGON SALMON WITH CRISPY ROOT CHIPS

PREP 15 MINS **COOK** 30 MINS
SERVES 4 (AS A MAIN)

800g mixed root vegetables (such as carrot, parsnip and celeriac), cut into chips
2 tbsp olive oil
4 (about 140g each) skinless and boneless salmon fillets
2 tsp chopped tarragon
200ml white wine
400g baby spinach leaves
Pinch ground nutmeg

1 Preheat oven to 180°C (fan-forced). Steam or boil the root vegetables for 5 minutes. Drain well, then pat dry.

2 Pour 1 tbsp of the oil into a large non-stick roasting pan and put in the oven to heat up. Add the vegetables, toss to coat them with oil, then return to the oven for 20-25 minutes, shaking the pan halfway through until the chips are crisp and golden.

3 Meanwhile, sprinkle each salmon fillet with a little tarragon and freshly ground black pepper. Heat the remaining oil in a large non-stick frying pan, add the salmon, flesh-side down, then cook for 3 minutes or until the flesh is starting to colour. Flip the fillets over, then cook for a further 2 minutes (or until cooked to your liking). Pour in the wine and bring to the boil. Simmer the salmon in the wine, basting occasionally for 5 minutes or until the salmon is cooked and the sauce is slightly thickened.

4 Put the spinach in a large colander and pour boiling water over the leaves until they wilt. Press out as much water as possible, then season with a little nutmeg.

5 Divide the spinach between four warm serving plates. Top with the salmon. Pour a little sauce over each. Serve with the chips.

NUTRITIONAL INFO

PER SERVE 2050kJ (490Cal), **protein** 35g, **total fat** 27g (sat. fat 7g), **carbs** 13g, **fibre** 11g, **sodium** 222mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free** • **Lower carb**

Tarragon salmon with crispy root chips
Recipe, opposite

LIGHTER LAMB BURGERS WITH SMOKY OVEN CHIPS

PREP 15 MINS **COOK** 35 MINS
SERVES 4 (AS A MAIN)

100g (½ cup) couscous
2 carrots, finely grated
250g lamb mince
1 bunch green shallots, finely chopped
1 bunch mint, finely chopped
1 x 60g egg, lightly whisked
60g rocket leaves
4 tbsp raita or natural yoghurt, to serve

CHIPS
1 tbsp olive oil
750g orange sweet potato, peeled and cut into chips
1-2 tsp smoked paprika

1 Preheat oven to 180°C (fan-forced). Line a baking tray with non-stick baking paper.

2 To make the chips, pour the oil into a shallow, non-stick roasting tin and heat in the oven. Add the sweet potatoes, stir until coated with oil. Roast for 25 minutes. Add the paprika, shake to coat, then roast for a further 10 minutes or until cooked through.

3 Meanwhile, put the couscous in a heatproof bowl and pour over 100ml boiling water. Leave for a couple of minutes until the liquid has been absorbed. Squeeze any liquid out of the carrots, then stir into the couscous along with the mince, green shallots, mint and egg. Season with freshly ground black pepper.

4 Shape the mixture into four burgers. Transfer to the lined tray and bake in the oven for 20 minutes or until browned and cooked right through (see Cook's tip).

4 Divide the chips between plates and put a burger on each. Serve with rocket leaves and a dollop of raita or yoghurt spooned on top.

NUTRITIONAL INFO

PER SERVE 1750kJ (419Cal), **protein** 24g, **total fat** 11g (sat. fat 3g), **carbs** 50g, **fibre** 10g, **sodium** 173mg • **Carb exchanges** 3½ • **GI estimate** low

GFO

ONE-PAN PESTO & FISH RICE

PREP 10 MINS **COOK** 25 MINS
SERVES 4 (AS A MAIN)

215g (1 cup) brown basmati rice
400ml salt-reduced vegetable stock or gluten-free stock
320g frozen chopped spinach, thawed
4 x 150g each skinless and boneless blue eye cod fillets
2 tbsp basil pesto or gluten-free pesto
320g mixed cherry tomatoes
1 tbsp olive oil
Handful basil leaves, to serve

1 Put the rice and stock in a wide ovenproof pan and bring to the boil over medium heat. Reduce the heat to low, cover and simmer for 20-25 minutes or until the rice is tender and most of the liquid been absorbed. Remove the pan from the heat.

2 Preheat oven to 180°C (fan-forced). Squeeze any excess moisture from the spinach and stir into the rice.

3 Season the fish with freshly ground black pepper and arrange on top of the rice. Brush each fish fillet with the pesto. Scatter the tomatoes over the fish and drizzle with the oil.

4 Transfer the fish to the oven and bake, uncovered, for 12-15 minutes, or until the fish is cooked through and the tomatoes are tender.

5 Season the dish with pepper. Serve.

NUTRITIONAL INFO

PER SERVE 1950kJ (467Cal), **protein** 37g, **total fat** 15g (sat. fat 3g), **carbs** 41g, **fibre** 8g, **sodium** 513mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

One-pan pesto & fish rice
Recipe, opposite

Turkey & feta kebabs
Recipe, page 42

NUTRITIONAL INFO

PER SERVE 2050kJ (490Cal), **protein** 27g, **total fat** 20g (sat. fat 7g), **carbs** 28g, **fibre** 23g, **sodium** 744mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

Smoky zucchini tacos

Recipe, page 44

LC GFO

TURKEY & FETA KEBABS

PREP 15 MINS (+ SOAKING) **COOK** 15 MINS
SERVES 4 (AS A MAIN)

500g turkey breast mince
100g reduced-fat feta, crumbled
2 green shallots, trimmed and finely chopped
Zest and juice 1 lemon
2 tbsp chopped flat-leaf parsley
1 tbsp olive oil
1 Lebanese cucumber, halved and deseeded
160g reduced-fat Greek-style yoghurt
1 clove garlic, finely chopped
2 tbsp finely chopped mint leaves
320g cherry tomatoes, quartered
½ red onion, thinly sliced
4 x 28g wholemeal pitas or gluten-free pita bread, heated following packet directions, halved

1 Soak eight wooden skewers in warm water for 15 minutes.

2 Meanwhile, put the mince, feta, shallots, lemon zest and parsley in a large bowl. Season with freshly ground black pepper. Mix until well combined. Use wet hands to shape the mixture around the skewers. Drizzle with the oil.

3 Preheat a chargrill pan on a medium heat or heat the grill to medium. Add the kebabs and cook for 10-12 minutes, turning occasionally until cooked through.

4 Meanwhile, coarsely grate the cucumber. Transfer to a clean tea towel and gently squeeze out any excess liquid into the sink. Combine the cucumber, yoghurt, garlic, mint and half the lemon juice in a bowl. Season with freshly ground black pepper. Combine the tomatoes with the red onion and remaining lemon juice in a small bowl. Season with pepper.

5 Serve the kebabs with the pita, tzatziki, and tomato and onion salad.

NUTRITIONAL INFO

PER SERVE 1610kJ (385Cal), **protein** 42g, **total fat** 12g (sat. fat 5g), **carbs** 21g, **fibre** 6g, **sodium** 556mg • **Carb exchanges** 1 ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

CAPONATA PIZZA

PREP 20 MINS (+ 1 HOUR PROVING)
COOK 30 MINS SERVES 4 (AS A MAIN)

240g (1½ cups) wholemeal plain flour
Extra plain flour, for dusting
1 tsp dried (packaged) yeast
1 tsp honey
2 tbsp extra virgin olive oil, plus 1 tsp, extra
1 eggplant, trimmed, cut into 1½cm cubes
1 brown onion, finely chopped
1 stick celery, finely chopped
1 clove garlic, finely chopped
2 tbsp red wine vinegar
2 tbsp raisins
200g cherry tomatoes, halved
125g bocconcini, drained
2 tsp pine nuts
1 tbsp drained capers, roughly chopped
1 tbsp chopped flat-leaf parsley
120g mixed salad leaves, to serve

1 To make the dough, put flour and yeast in a large bowl. Dissolve honey in 150ml of warm water and add to bowl with 3 tsp of the oil. Use a wooden spoon to mix to make a rough dough. Tip onto a lightly floured work surface. Knead for 6-8 minutes or until smooth. Transfer to a lightly oiled bowl. Cover and set aside to rise in a warm place for 1 hour or until doubled in size.

2 Add 1 tbsp of the remaining oil to a large non-stick frying pan and heat over medium heat. Add eggplant, onion, celery and garlic and cook, stirring occasionally, for 8-10 minutes or until is soft and translucent.

3 Meanwhile, combinevinegar with 1 tsp of the oil in a large bowl. Add raisins and set aside for 10 minutes. Add eggplant mixture and tomatoes, and mix. Season with freshly ground black pepper. Set aside.

4 Preheat oven to 220°C (fan-forced). Put a large baking tray in the oven to preheat. Use your fist to punch down the dough and turn it out onto a large piece of non-stick baking paper. Use a rolling pin to roll out dough out into a circle, roughly 35cm in diameter. Scatter the eggplant mixture on top, leaving a 2cm border. Tear the bocconcini into chunks, scatter over the pizza and brush the crust with the remaining oil.

5 Remove the baking tray from the oven and, using oven gloves, carefully drag the baking paper with the pizza onto it. Bake for 10 minutes. Remove from the oven and sprinkle over the pine nuts and capers. Bake for a further 10 minutes. Sprinkle the parsley on top, slice and serve with salad leaves.

NUTRITIONAL INFO

PER SERVE 2000kJ (478Cal), **protein** 16g, **total fat** 21g (sat. fat 6g), **carbs** 49g, **fibre** 13g, **sodium** 214mg • **Carb exchanges** 3 ½ • **GI estimate** medium

Caponata pizza
Recipe, opposite

GFO

SMOKY ZUCCHINI TACOS

PREP 10 MINS **COOK** 15 MINS
SERVES 4 (AS A MAIN)

1 red onion, thinly sliced
80ml (⅓ cup) cider vinegar
½ tsp salt
2 tsp smoked paprika
1 tsp ground cumin
¼ tsp chilli flakes
2½ tbsp olive oil
2 zucchinis, trimmed and sliced into 1cm rounds
2 cloves garlic, finely chopped
420g can no-added-salt black beans, rinsed and drained
Large handful coriander
130g (½ cup) low-fat natural yoghurt
Juice of 1 lime
8 Simson's Pantry Low Carb Tortillas or gluten-free tortillas, heated following packet directions
150g mixed salad leaves
1 small avocado, thinly sliced

1 Combine the onion, vinegar and salt in a small bowl and set aside. Combine the paprika, cumin, chilli flakes and 2 tbsp of oil in a large bowl. Season well with pepper. Add the zucchini and toss together until well coated. Heat a large non-stick frying pan over medium-high heat. Add the zucchini (you will probably need to do this in two or three batches) and cook on each side for 2-3 minutes or until deep in colour and charred. Transfer to a plate lined with paper towel. Cover and set aside.

2 Add the remaining oil to the frying pan. Add the garlic and cook, stirring, for 30 seconds. Add the black beans with a splash of water and cook, tossing, for 2-3 minutes or until just warm and the water evaporates. Season with pepper. Cover and set aside.

3 Finely chop half the coriander and put in a medium bowl. Add the yoghurt, lime juice and zest. Mix to combine. Season with pepper.

4 Strain the pickled onions. When it's time to build your tacos, layer the tortillas with the salad leaves and avocado. Sprinkle over the black beans and top with the zucchini, a drizzle of the herby lime yogurt and some of the pickled onions. Top with the remaining coriander (you can keep as is, or roughly chop if you'd prefer) and serve with the lime wedges to squeeze over.

GF LC

MOROCCAN-INSPIRED CHICKEN WITH CARROT & ORANGE SALAD

PREP 20 MINS **COOK** 40 MINS
SERVES 4 (AS A MAIN)

2 tsp ground cinnamon
1 tsp ground cumin
1 tsp ground coriander
1 tbsp olive oil
1 brown onion, thinly sliced
3 tbsp pine nuts
3 tbsp raisins
Juice of 1 lemon
800g boneless, skinless chicken small thigh fillets, trimmed of fat

CARROT & ORANGE SALAD
400g carrots, coarsely grated
2 oranges
120g mixed salad leaves
Handful chopped coriander

1 Preheat oven to 170°C (fan-forced). Combine 1 tsp of the cinnamon with the cumin and coriander in a small bowl. Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 4-5 minutes or until lightly coloured. Add the pine nuts and cook, stirring, for 2-3 minutes or until lightly toasted.

2 Add half the spice mix, the raisins and half the lemon juice to the pan. Cook, stirring, for 1-2 minutes or until heated through. Remove the pan from the heat.

3 Open out the chicken thighs and spoon a little stuffing onto each. Fold the meat over to enclose the stuffing, then secure each thigh with a couple of toothpicks. Put in a non-stick roasting pan with the toothpicks underneath. Sprinkle with the remaining lemon juice and spice mix. Bake for 30-35 minutes or until the chicken is tender and golden.

4 To make the salad, tip the carrots into a bowl. Using a sharp knife, remove the zest and pith from the oranges, then cut into segments between the membranes. Do this over the bowl to catch the juice, letting the segments drop in. Sprinkle with the reserved cinnamon and a little freshly ground black pepper. Mix well.

4 Divide the mixed leaves between serving plates. Spoon the salad over and sprinkle with the coriander. Serve with the chicken.

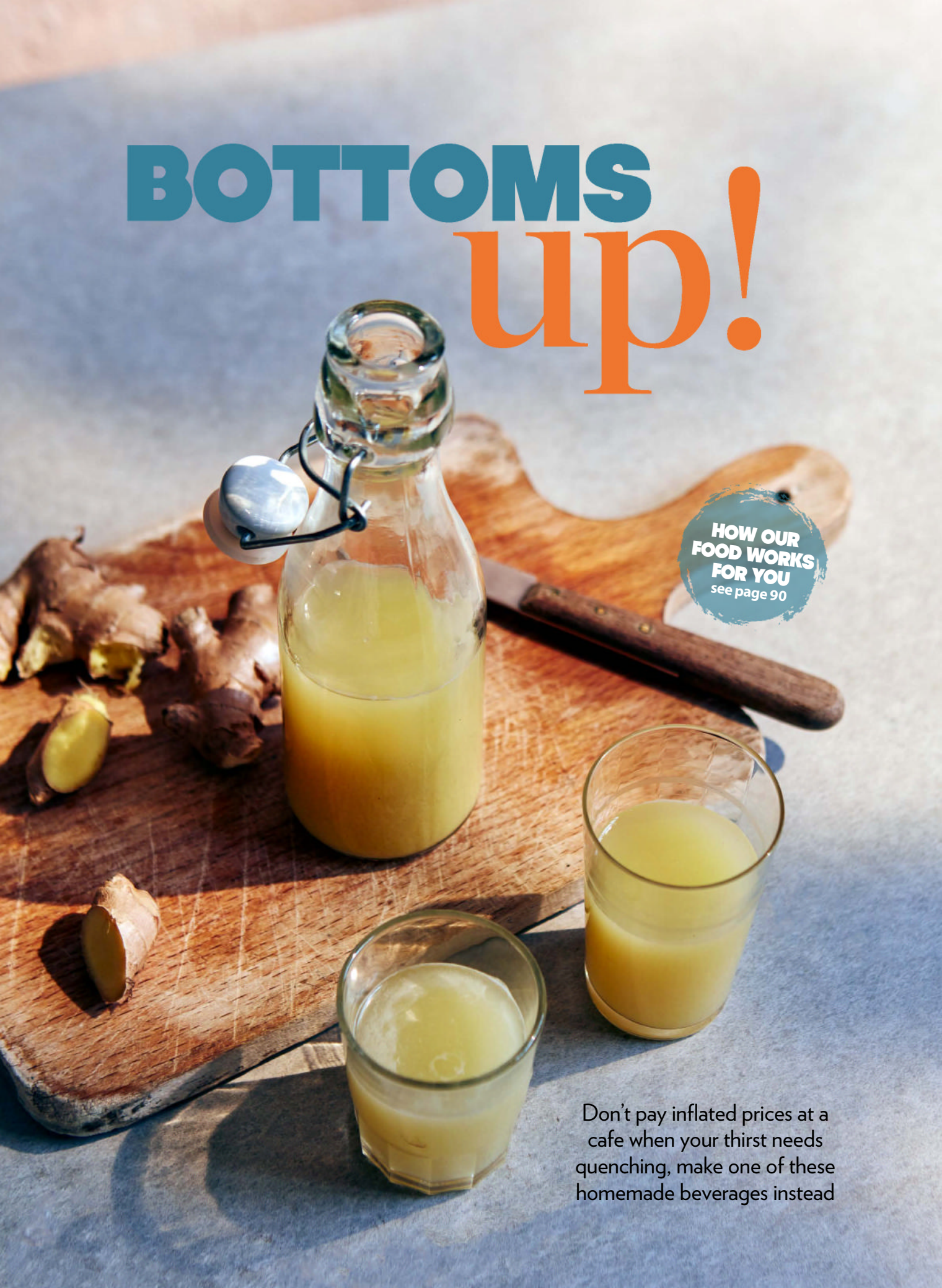
RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPY GETTY IMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

NUTRITIONAL INFO

PER SERVE 2040kJ (488Cal), **protein** 41g, **total fat** 23g (sat. fat 4g), **carbs** 26g, **fibre** 9g, **sodium** 187mg • **Carb exchange**s 1 ½ • **GI estimate** low • **Gluten free** • **Lower carb**

Moroccan-inspired chicken with carrot & orange salad
Recipe, opposite

BOTTOMS up!



HOW OUR FOOD WORKS FOR YOU
see page 90

Don't pay inflated prices at a cafe when your thirst needs quenching, make one of these homemade beverages instead

GF

GINGER SHOTS

PREP 15 MINS
SERVES 4 (AS A DRINK)

60g fresh ginger, skin left on, cut into small chunks
400ml freshly juiced apple juice or 100% unsweetened apple juice
Juice of ½ lemon

1 Put the ginger, apple juice and lemon juice in a blender. Blitz for a few minutes until very smooth.

2 Set a very fine sieve over a jug. Alternatively, line a regular sieve with a piece of muslin or a clean, thin tea towel. Tip the juice into the sieve and leave it to drain, then press the remaining pulp with the back of a ladle until dry. If you're using muslin or a tea towel, twist it to squeeze all the juice out. Drink straight away or decant into a bottle.

NUTRITIONAL INFO

PER SERVE 251kJ (60Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 14g, **fibre** 1g, **sodium** 3mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

COOK'S TIP

The ginger shot will keep chilled for up to four days. Shake well before serving.

GF

SUNSHINE SMOOTHIE

PREP 5 MINS
SERVES 4 (AS A SNACK)

500ml freshly juiced carrot juice, chilled
200g peeled and cored pineapple flesh (fresh or canned)
2 bananas, broken into chunks
Small piece of ginger, peeled
2 tbsp unsalted cashew nuts
Juice of 1 lime

1 Put all the ingredients in a blender and whizz until smooth. Drink straight away or pour into a bottle to drink on the go.

NUTRITIONAL INFO

PER SERVE 609kJ (146Cal), **protein** 3g, **total fat** 3g (sat. fat 0g), **carbs** 24g, **fibre** 7g, **sodium** 66mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

COOK'S TIP

Smoothie will keep chilled for a day.

GF

HOMEMADE HOT CHOCOLATE

PREP 5 MINS **COOK** 5 MINS
SERVES 2 (AS AN OCCASIONAL SNACK OR DESSERT)

500ml (2 cups) light milk
1 tbsp cocoa powder, sifted
1 tbsp brown sugar
30g dark chocolate, chopped, plus a grating, to serve
1½ tbsp whipped cream

1 Heat the milk, cocoa, sugar and chocolate in a small saucepan, stirring, over medium heat until steaming and the chocolate melts. Gently whisk to dissolve the cocoa.

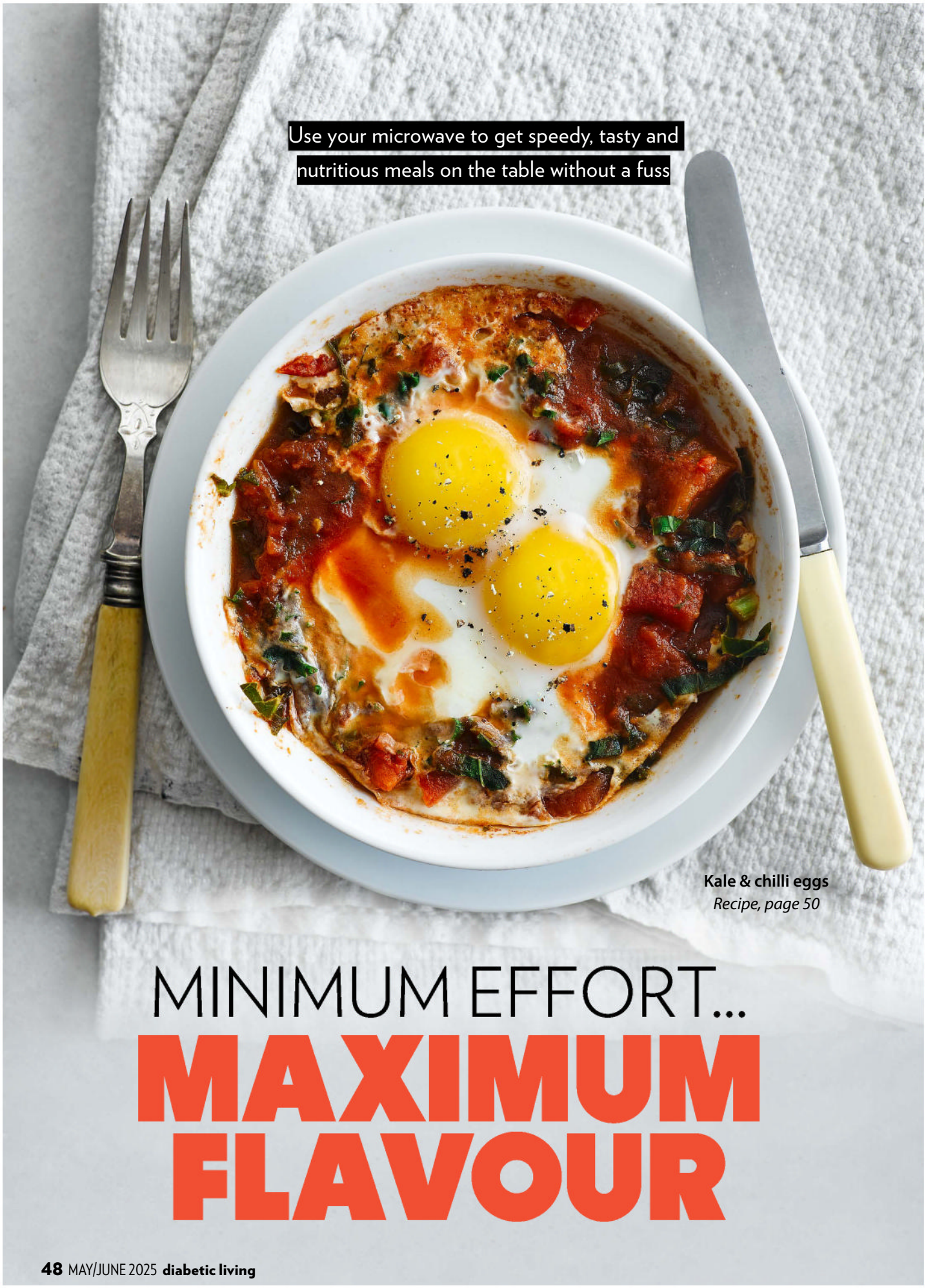
2 Pour the hot chocolate between two mugs. Add the cream to float on top. Grate over a little more chocolate to serve.

NUTRITIONAL INFO

PER SERVE 952kJ (228Cal), **protein** 11g, **total fat** 7g (sat. fat 5g), **carbs** 30g, **fibre** 1g, **sodium** 113mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Use your microwave to get speedy, tasty and nutritious meals on the table without a fuss



Kale & chilli eggs
Recipe, page 50

MINIMUM EFFORT... MAXIMUM FLAVOUR

HOW OUR FOOD WORKS FOR YOU
see page 90

Bacon & bean casserole
Recipe, page 52

GF LC

KALE & CHILLI EGGS

PREP 5 MINS **COOK** 5 MINS
SERVES 1 (AS A BREAKFAST OR LIGHT MEAL)

Handful kale, finely chopped
½ small red chilli, deseeded and chopped
½ x 400g can no-added-salt chopped tomatoes
Squeeze fresh lemon juice
2 x 60g eggs, separated

1 Put the kale, chilli, chopped tomatoes and a squeeze of lemon juice in a medium microwave-safe bowl. Stir to combine. Push the mixture to the sides of the bowl to make a well in the middle, then tip the egg whites into the centre. Cover the bowl and cook on Medium/50% for 40 seconds, then allow to cool for a moment before heating for another 40 seconds.

2 Add the egg yolks to the whites, then gently pierce the yolk of each one to break the membrane – and prevent them from exploding. Microwave for another 40 seconds. Remove from the microwave. Sprinkle with freshly ground black pepper. Serve.

NUTRITIONAL INFO

PER SERVE 968kJ (232Cal), **protein** 19g, **total fat** 12g (sat. fat 5g), **carbs** 12g, **fibre** 5g, **sodium** 226mg
• **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

GF

MEAT-FREE CHILLI

PREP 10 MINS (+ STANDING) **COOK** 5 MINS
SERVES 2 (AS A MAIN)

½ small brown onion, finely chopped
1 clove garlic, crushed
2 tsp light margarine
½ tsp ground cumin
½ tsp smoked paprika
Pinch chilli flakes or ground chillies
400g can chopped tomatoes, drained and juice reserved
420g can no-added-salt red kidney beans, drained and rinsed
10g dark chocolate
2 tbsp reduced-fat Greek yoghurt
Chopped coriander, to serve

1 Put the onion, garlic, margarine, cumin, paprika and chilli flakes in a microwaveable container, give it a quick stir, then heat in the microwave on High/100% for 30-40 seconds. Stand for 1 minute.

2 Add the chopped tomatoes, beans and chocolate to the onion mixture. Cover the bowl, then place some paper towel on your turntable and put the container on top. Cook for 2 minutes on High/100%. Stir and set aside for 1 minute. If it starts to dry out, add some reserved tomato juice, but remember that it won't reduce as much in the microwave as it would on the stove. Cover and cook on medium for a further 2 minutes. Give it a stir and stand for 1 minute.

3 Serve the chilli with the yoghurt and coriander.

NUTRITIONAL INFO

PER SERVE 1230kJ (294Cal), **protein** 15g, **total fat** 7g (sat. fat 4g), **carbs** 39g, **fibre** 14g, **sodium** 268mg
• **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

Meat-free chilli
Recipe, opposite

GFO LC

BACON & BEAN CASSEROLE

PREP 15 MINS (+ STANDING) **COOK** 5 MINS
SERVES 1 (AS A MAIN)

1 clove garlic, crushed
2 tbsp chopped brown onion
1 tbsp olive oil
50g lean bacon, finely chopped
½ carrot, finely sliced or grated
¼ tsp mixed dried herbs, or a little fresh thyme or rosemary
100g reduced-salt baked beans or gluten-free beans
1 tbsp no-added-salt tomato paste

1 Put the garlic, onions and oil in a medium microwave-safe bowl. Toss to combine. Add the bacon and microwave on High/100% for 30-40 seconds to soften the onions and garlic, and gently crisp the bacon.

2 Tip the carrot, herbs, baked beans, tomato paste and 1 tbsp water into the bowl. Cover and microwave on High/100% for 2½ minutes. Remove from the microwave and stir. Set aside for 1 minute before serving.

NUTRITIONAL INFO

PER SERVE 1520kJ (364Cal), **protein** 17g, **total fat** 22g (sat. fat 4g), **carbs** 21g, **fibre** 9g, **sodium** 994mg • **Carb exchanges** 1 ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

Microwaves can speed up cooking time significantly over most other cooking methods. They are less energy intensive than ovens and stoves too, so save on fuel costs.

GFO LCO

MAC 'N' CHEESE

PREP 5 MINS (+ STANDING) **COOK** 10 MINS
SERVES 1 (AS A MAIN)

75g dried wholemeal macaroni or gluten-free pasta
125ml (½ cup) salt-reduced cold chicken stock or gluten-free stock, milk or water
125ml (½ cup) water
2 tsp light margarine
40g (⅓ cup) grated reduced-fat cheddar
½ cup baby spinach leaves

1 In a mug that holds twice the volume of your dry pasta (the bigger, the better), add the macaroni and your liquid of choice. Cover and stand the mug in a microwave-proof bowl to catch any spillages. Cook on High/100% for 2 minutes. The liquid will bubble up and over the sides, so tip any liquid from the bowl back into the mug (be careful as it will be very hot) and give it a good stir. Set aside for 1 minute

2 Repeat twice more or until the pasta is cooked (it may take longer depending on the pasta), then remove from the microwave. Stir through the margarine, cheese and spinach. The heat from the pasta should melt the cheese and wilt the spinach, but if not, pop back in the microwave for about 30 seconds.

NUTRITIONAL INFO

PER SERVE 1780kJ (426Cal), **protein** 22g, **total fat** 15g (sat. fat 8g), **carbs** 46g, **fibre** 8g, **sodium** 606mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the pasta with 75g Atkins Low Carb Penne, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1770kJ (423Cal), **protein** 50g, **total fat** 15g (sat. fat 8g), **carbs** 18g, **fibre** 10g, **sodium** 636mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTY IMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Mac 'n' cheese
Recipe, opposite

COOK'S TIP

Pack a portable version to take to work. Swap the margarine for oil and combine with the cheese in a small container. Put the pasta and the liquid in a separate container to soak, then follow the recipe method, but check your pasta more often as it may cook more quickly if it's been soaking in the liquid.

HOW OUR FOOD WORKS FOR YOU
see page 90

A tortilla makes a budget-friendly meal that goes well with a side salad and tomato sauce.

GF LC

SPANISH TORTILLA

PREP 10 MINS **COOK** 30 MINS
SERVES 6 (AS A MAIN MEAL)

450g Zerella Spud Lite Potatoes, unpeeled, thinly sliced
3 tbsp olive oil
1 large brown onion, finely sliced
6 x 60g eggs

SALAD
120g baby spinach leaves
1 avocado, sliced
200g grape tomatoes, halved
¼ red onion, thinly sliced
80g snow peas, shredded
80g reduced-fat feta, crumbled
Drizzle balsamic vinegar

1 Put the potatoes in a saucepan of cold water and bring to a gentle simmer over medium heat. Remove the pan from the heat and set aside for 5 minutes. Drain the potatoes well and leave to steam in a colander for a few minutes.

2 Meanwhile, heat 2 tbsp of the oil in a 20cm non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 8-10 minutes or until the onion softens. Whisk the eggs and freshly ground black pepper in a medium bowl.

3 Tip the potatoes into the beaten eggs and mix carefully to avoid breaking the slices. Pour the mixture over the onions in the pan and leave the base to set over medium-low heat for 10-15 minutes or until the sides are set. Carefully flip the tortilla onto a plate. Add the remaining 1 tbsp of oil to the pan. Slide the tortilla back in and cook for 5 minutes or until set and cooked through.

4 Meanwhile, to make the salad, toss all the ingredients in a bowl (apart from the balsamic). Drizzle the balsamic vinegar over just before serving.

5 Cut the tortilla into wedges and serve with the salad.

NUTRITIONAL INFO

PER SERVE 1220kJ (292Cal), **protein** 14g, **total fat** 20g (sat. fat 5g), **carbs** 11g, **fibre** 5g, **sodium** 271mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Put your mind on *silent.*

Come on, switch off.

SMASH IT UP

The classic meat and mash pairing gets a makeover

GFO

CURRIED SAUSAGES WITH HERBED MASH

PREP 15 MINS **COOK** 25 MINS **SERVES** 4 (AS A MAIN)

2 tsp olive oil
1 brown onion, cut into thin wedges
8 Peppercorn extra-lean beef sausages
2 tsp curry powder or gluten-free curry powder
1 tsp salt reduced chicken-style stock powder or gluten-free stock powder
250ml (1 cup) boiling water
200g tomato passata
200g carrots, halved lengthways, diagonally sliced
8 Brussels sprouts, trimmed, halved or quartered

HERBED MASH
1kg Zerella Spud Lite Potatoes, chopped
4 cloves garlic
130g (½ cup) low-fat Greek-style natural yoghurt
2 tbsp each chopped chives, parsley and dill
Finely grated zest of ½ lemon

1 Preheat oven to 180°C (fan-forced). Heat the oil in a large heavy-based stoveproof and ovenproof pan over medium heat. Add the onion and sausages to the pan. Cook, stirring often, for 4-5 minutes or until the sausages start to brown. Add the curry powder and cook, stirring, for 2 minutes. Add the combined stock and water, passata, carrot and Brussels sprouts to the pan. Cover and bring to a simmer. Add the pan to the oven and cook for 30 minutes or until the vegetables are tender.

2 Meanwhile, to make the herbed mash, put the potatoes and garlic in a large saucepan. Cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 20 minutes or until the potato and garlic are very tender. Drain well. Mash until almost smooth. Add the yoghurt, herbs and lemon zest. Beat with a wooden spoon until well combined.

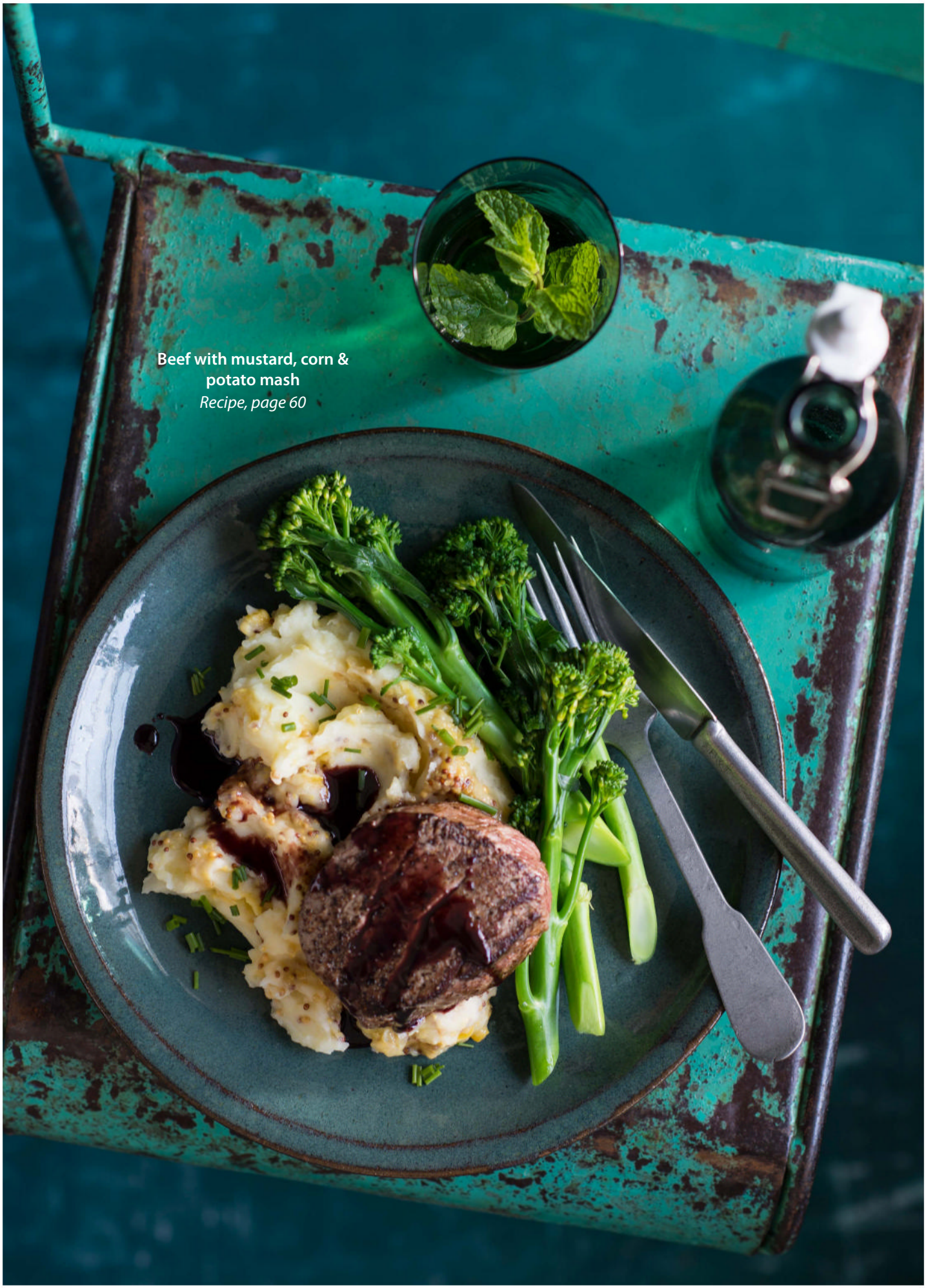
3 Serve the mash with the curried sausages.

NUTRITIONAL INFO

PER SERVE 1750kJ (418Cal), **protein** 26g, **total fat** 13g (sat. fat 4g), **carbs** 40g, **fibre** 10g, **sodium** 767mg • **Carb exchanges** 2 ½ • **GI estimate** medium • **Gluten-free option**

HOW OUR FOOD WORKS FOR YOU
see page 90

Curried sausages with herbed mash
Recipe, opposite



Beef with mustard, corn & potato mash

Recipe, page 60

Mango chicken with sweet potato & pumpkin mash
Recipe, page 62

GFO

BEEF WITH MUSTARD, CORN & POTATO MASH

PREP 15 MINS **COOK** 20 MINS
SERVES 4 (AS A MAIN)

1 tsp extra virgin olive oil
4 x 100g pieces beef fillet steak, trimmed of fat
2 cloves garlic, crushed
185ml (¾ cup) red wine
2 tsp salt-reduced chicken-style stock powder or gluten-free stock powder
185ml (¾ cup) boiling water
3 bunches broccolini, trimmed, steamed, to serve

MUSTARD, CORN & POTATO MASH
850g Zerella Spud Lite Potatoes, unpeeled
3 tsp light margarine
1 tbsp wholegrain mustard or gluten-free mustard
1 x 310g can creamed corn
2 tbsp chopped chives

1 To make the mash; put the potatoes in a large saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, partially covered, for 15-20 minutes or until the potato is very tender. Drain well and set aside to cool for 10 minutes.

2 While the potatoes are cooling, heat the oil in a large non-stick frying pan over medium-high heat. Season the beef with pepper. Add the beef and cook for 2 minutes each side for medium, or until cooked to your liking. Transfer to a plate, cover with foil to rest and set aside.

3 Add the garlic to the frying pan and cook, stirring, for 1 minute. Increase heat to high and add the wine. Cook, scraping the base of the pan, for 2 minutes. Add the combined stock powder and water and add to the pan with the wine. Simmer for 8-10 minutes or until the sauce reduces and becomes a nice sauce consistency.

4 Peel the potatoes and return to the saucepan. Add the margarine and mash until almost smooth. Add the mustard, corn, chives and pepper. Mix until well combined.

5 Place the steak, mash and broccolini on serving plates. Pour the sauce through a fine sieve into a small jug. Pour over the steak and serve.

NUTRITIONAL INFO

PER SERVE 1750kJ (419Cal), **protein** 32g, **total fat** 10g (sat. fat 3g), **carbs** 35g, **fibre** 9g, **sodium** 483mg • **Carb exchanges** 2 ½ • **GI estimate** medium • **Gluten-free option**

GFO LC

LAMB KOFTAS WITH SPICED POTATO & CAULIFLOWER MASH

PREP 15 MINS **COOK** 30 MINS
SERVES 4 (AS A MAIN)

500g lamb leg steaks, trimmed of fat, roughly chopped
½ red onion
2 cloves garlic
Finely grated zest of 1 lemon
⅓ cup coriander leaves
⅓ cup mint leaves
1 slice (30g) wholemeal bread or gluten-free bread, soaked in water for 10 minutes, squeezed out
1 tbsp currants
70g (⅓ cup) low-fat Greek-style natural yoghurt
2 tbsp mango chutney or gluten-free chutney

SPICED POTATO & CAULIFLOWER MASH
500g orange sweet potato, chopped
400g cauliflower, cut into small florets
1 tbsp mild curry paste or gluten-free curry paste
1 brown onion, finely chopped
2 tbsp water
2 x 125g can chickpeas, rinsed and drained

1 Put the lamb, onion, garlic, lemon zest, coriander, mint and bread in a food processor. Process until mixture resembles mince. Transfer to a bowl. Stir in currants. Divide the mixture into 12 sausage-like shapes, about 15cm long. Thread onto skewers (if using wooden skewers, soak for 30 minutes before using). Place on a plate, cover and put in the fridge until ready to use.

2 Meanwhile, to make the spiced potato and cauliflower mash; put the sweet potato and cauliflower in a large saucepan. Cover with cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 15 minutes or until the vegetables are very tender.

3 Cook the curry paste in a small non-stick frying pan over medium heat for 1 minute. Add the onion and cook, stirring, for 1 minute. Add the water, cover and cook for 6-7 minutes or until the onion softens. Stir in the chickpeas. Cook, stirring, for 1 minute. Drain the vegetables and return to the pan. Add the onion mixture and mash roughly.

4 Meanwhile, heat a flat chargrill pan on medium-high heat. Spray both sides of the koftas with cooking spray. Add to the pan and reduce heat to medium. Cook for 7-8 minutes, turning occasionally, until cooked through.

5 Divide the mash and koftas between serving plates. Serve with the yoghurt and mango chutney.

NUTRITIONAL INFO

PER SERVE 1660kJ (397Cal), **protein** 35g, **total fat** 7g (sat. fat 3g), **carbs** 42g, **fibre** 10g, **sodium** 576mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

Lamb koftas with spiced potato & cauliflower mash
Recipe, opposite

GF LC

MANGO CHICKEN WITH SWEET POTATO & PUMPKIN MASH

PREP 15 MINS **COOK** 30 MINS
SERVES 4 (AS A MAIN)

1 tsp olive oil
1 tsp mustard seeds
1 tsp cumin seeds
12 fresh curry leaves
1 long green chilli, split lengthways
2 tsp ground turmeric
½ x 685g container mango slices in juice, undrained
500g chicken tenderloins, sinew removed, halved crossways
130g (½ cup) low-fat Greek-style natural yoghurt, whisked until smooth

SWEET POTATO & PUMPKIN MASH
700g pumpkin, peeled, deseeded and chopped
650g orange sweet potato, chopped
1 tsp light margarine
2 tbsp raisins
1 tbsp slivered almonds
¼ cup coriander leaves

1 Heat the oil in a large non-stick frying pan over medium heat. Add the mustard seeds, cumin seeds and curry leaves. Cook, stirring, for 2 minutes. Add the chilli and turmeric and cook, stirring, for 1 minute. Add the mango pieces and juice. Cover and cook for 10 minutes. Mash roughly. Add the chicken and simmer, uncovered, for 5 minutes. Remove the pan from the heat and set aside, covered, for 15 minutes.

2 Meanwhile, to make the mash, place the sweet potato and pumpkin in a steamer basket over a saucepan of simmering water. Cover and steam for 20 minutes or until very tender. Transfer to a bowl. Mash until smooth.

3 Stir the yoghurt into the curry. Return the pan to a low heat and cook, stirring, for 5 minutes or until warmed through. Do not allow the sauce to simmer or it will separate.

4 Heat the margarine in a small non-stick frying pan over medium heat. Add the raisins and almonds and cook, stirring often, for 4-5 minutes or until the raisins are plump and the almonds are light golden brown. Place the mash on a serving platter. Sprinkle over the raisin mixture. Top with the coriander leaves. Serve with the mango chicken.

NUTRITIONAL INFO

PER SERVE 1940kJ (464Cal), **protein** 39g, **total fat** 7g (sat. fat 2g), **carbs** 56g, **fibre** 10g, **sodium** 105mg • **Carb exchanges** 3 ½ • **GI estimate** low • **Gluten free**

GF LC

PULLED PORK RAGU WITH CELERIAC, PARSNIP & PARMESAN MASH

PREP 15 MINS **COOK** 4 HOURS
SERVES 8 (AS A MAIN)

1 tsp extra virgin olive oil
1.5kg piece boneless pork leg roast, skin removed, all visible fat removed
1 brown onion, finely chopped
2 carrots, finely chopped
2 celery sticks, finely chopped
2 thin slices (40g) prosciutto, finely chopped
2 cloves garlic, crushed
125ml (½ cup) red wine
1 x 420g can no-added-salt chopped tomatoes
400g tomato passata
2 sprigs each of oregano and rosemary
Chopped flat-leaf parsley, to serve

CELERIAC, PARSNIP & PARMESAN MASH
Half a lemon
1 x 600g head celeriac
450g parsnips, peeled, chopped
600g Zerella Spud Lite Potatoes, peeled, chopped
1 tbsp light margarine
2 tbsp skim milk
3 tbsp finely grated parmesan
Freshly ground black pepper

1 Preheat oven to 140°C (fan-forced). Heat the oil in a large heavy-based stoveproof and ovenproof saucepan with a lid. Add the pork and cook, turning often, for 6-7 minutes or until well browned. Transfer to a plate. Add the onion, carrot, celery, prosciutto and garlic. Cook, stirring often, for 5 minutes. Increase heat to high and add the wine. Cook, stirring, for 2 minutes. Add the tomatoes, passata and herbs to the pan. Bring to a simmer. Return the pork to the pan and turn to coat in the sauce. Transfer to the oven and cook, covered, turning the pork over once, for 4 hours or until the pork starts to pull into shreds. Remove the pork from the dish and transfer to a plate. Set aside for 15 minutes till cool enough to handle.

2 Meanwhile, to make the celeriac, parsnip and parmesan mash: Squeeze the lemon into a large saucepan of boiling water. Using a small, sharp knife, peel the celeriac and chop. Place in the lemon water. Add the parsnip and potato. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 20 minutes or until the vegetables are very tender. Drain and return to the pan. Add the margarine. Mash until smooth. Stir in the milk, parmesan and pepper.

3 Using two forks, shred the pork into long pieces. Bring the liquid the pork was cooked in to a simmer. Simmer for 2-3 minutes or until the sauce reduces slightly. Stir in half of the shredded pork (keep the remaining pork for another use).

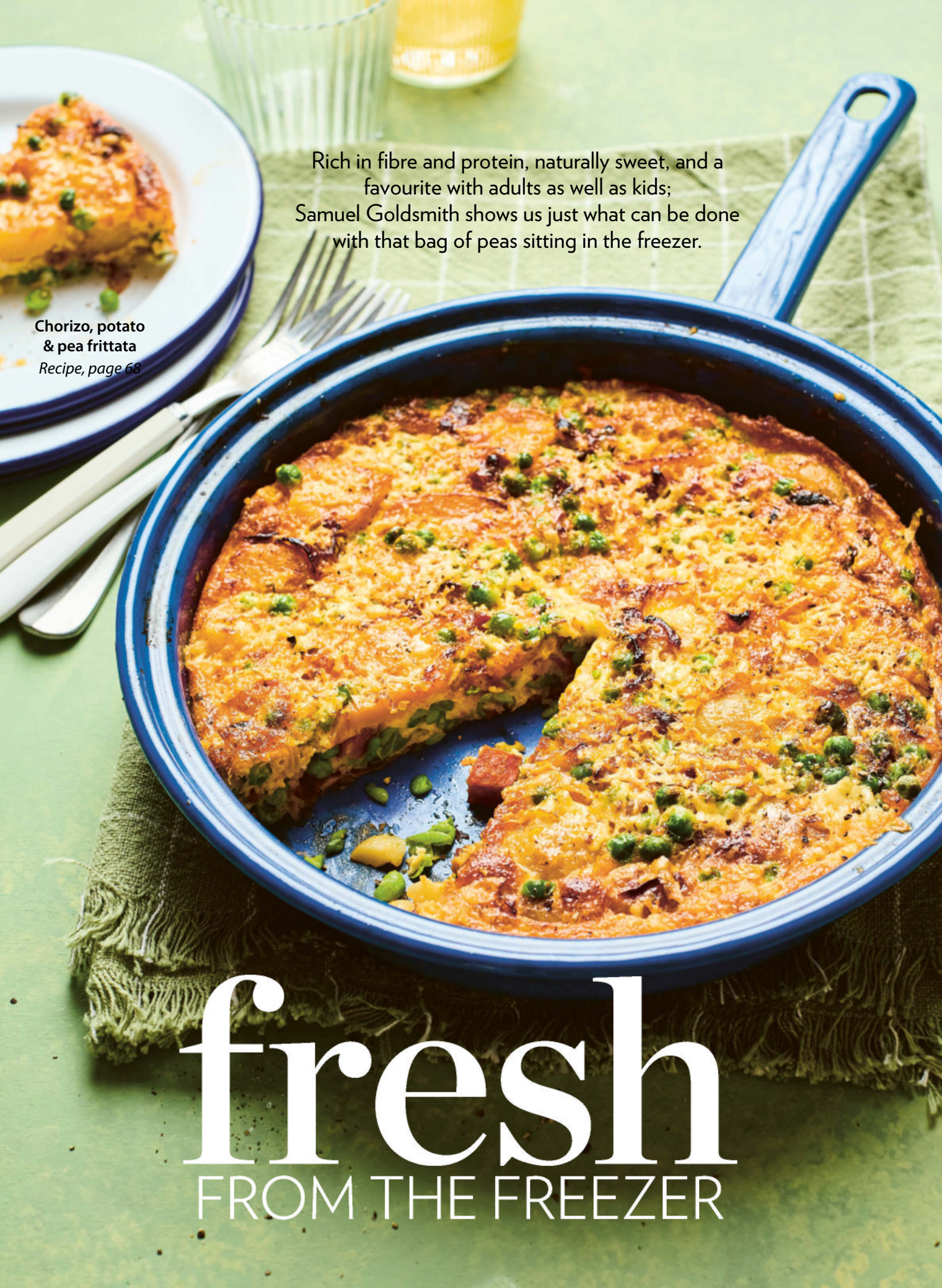
4 Divide the mash between shallow serving bowls. Spoon over the pork ragu. Sprinkle with parsley and serve.

STYLING: MICHELLE NOERIANTO FOOD PREPARATION: SHARON KENNEDY PHOTOGRAPHY ALAN BENSON; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

NUTRITIONAL INFO

PER SERVE 2100kJ (502Cal), **protein** 48g, **total fat** 21g (sat. fat 8g), **carbs** 21g, **fibre** 10g, **sodium** 309mg
• **Carb exchanges** 1 ½ • **GI estimate** low
• **Gluten free** • **Lower carb**

Pulled pork ragu with celeriac, parsnip & parmesan mash
Recipe, opposite



Rich in fibre and protein, naturally sweet, and a favourite with adults as well as kids; Samuel Goldsmith shows us just what can be done with that bag of peas sitting in the freezer.

Chorizo, potato & pea frittata
Recipe, page 68

fresh
FROM THE FREEZER

LC GF

BAKED BREAKFAST EGGS

SERVES 2

2 teaspoons olive oil
4 eggs
1 avocado, sliced
8 cherry tomatoes, halved
60g frozen peas
½ lime, cut into wedges
Handful of coriander or parsley, chopped
Freshly ground black pepper

Preheat the oven to 220°C/200°C fan. Grease a small ovenproof dish or pan with the oil, then crack the eggs into the dish. Arrange the avocado slices around the eggs, tucking them into the whites but being careful not to pop the yolks. Do the same with the cherry tomatoes. Scatter in the frozen peas and season well with freshly ground black pepper. Bake the eggs in the hot oven for 15–20 minutes or until the whites are set. (Depending on your oven, the eggs can cook much quicker so keep an eye on them from 10 minutes onwards.) If you like a solid yolk, bake the eggs for longer. Scatter over the coriander or parsley, season with more pepper and serve with lime wedges for squeezing over.

NUTRITIONAL INFO

PER SERVE 1410kJ (337Cal), **protein** 19g, **total fat** 26g (sat. fat 5g), **carbs** 4g, **fibre** 9g, **sodium** 191mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

HOW OUR FOOD WORKS FOR YOU see page 90

GFO LC

SPRING PEA SOUP

SERVES 8

1 teaspoon sunflower or vegetable oil
1 bunch (around 8) spring onions, sliced
1 garlic clove, crushed or finely grated
750ml vegetable stock (gluten free, if necessary)
500g frozen peas, plus an extra handful of peas to garnish, defrosted according to the packet instructions
150ml natural yoghurt or plant based alternative yoghurt
A few sprigs of fresh herbs, such as parsley and mint, to garnish (optional)

Heat the oil in a large frying pan or saucepan over a medium heat. Add the spring onions and fry for a few minutes or until softened and beginning to brown. Stir in the garlic and cook for 1 minute. Pour in the stock and bring to a simmer. Turn off the heat. Tip the peas into the hot stock, stir to mix everything together and then bring the stock back to a simmer. Blend the soup until smooth. (I use a food processor for this, rather than a handheld stick (immersion) blender, because it results in a smoother soup.) Check the temperature of the soup. If it's cold enough, it can be served straight away. If it's not cold enough, chill the soup in the fridge for 1 hour or so. (You can prepare this soup the day before and store in the fridge until ready to serve.) Serve the soup in bowls, cups or glasses with a spoonful of yoghurt stirred through each portion. Scatter a handful of extra peas over the top of the soup along with a handful of fresh herbs to garnish, if you like. Season with plenty of freshly ground black pepper.

NUTRITIONAL INFO

PER SERVE 300kJ (72Cal), **protein** 5g, **total fat** 2g (sat. fat 1g), **carbs** 7g, **fibre** 4g, **sodium** 361mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb** • **Gluten-free option**

JEWELLED COUSCOUS

SERVES 4–6

250g dried couscous
150g frozen peas
Zest and juice of 1 lime
75g sultanas or raisins (a mix of colours is great)
1 red or yellow capsicum, deseeded and finely chopped
150g cherry tomatoes, quartered (or a handful of sun-dried tomatoes when not in season)
100g pomegranate seeds
Handful of parsley or coriander, finely chopped
50g nuts or seeds (pumpkin seeds/pepitas, sunflower seeds or hazelnuts all work well), chop any large nuts
3 tablespoons extra virgin olive oil
Freshly ground black pepper

Put the couscous, frozen peas, lime zest, a good pinch of freshly ground black pepper into a heatproof bowl and then pour over 300ml boiling water and the lime juice. Leave for 5–10 minutes or until the couscous has absorbed the water. Fold all the remaining ingredients into the couscous and then pile everything onto a platter before serving.

NUTRITIONAL INFO

PER SERVE (based on serving 6 people) 1520kJ (364Cal), **protein** 11g, **total fat** 14g (sat. fat 2g), **carbs** 46g, **fibre** 7g, **sodium** 7mg • **Carb exchanges** 3 • **GI estimate** medium

LC

CHORIZO, POTATO AND PEA FRITTATA

SERVES 4–6

2 tablespoons sunflower, vegetable or olive oil
1 large onion, sliced
1 teaspoon smoked paprika
100g chorizo, roughly chopped
1 x 400g tin potatoes, drained and cut in half
150g frozen peas
6 eggs
50g mature cheddar cheese, grated
Freshly ground black pepper

Heat the oil in an ovenproof frying pan over a medium heat. Add the onion and fry until golden, around 8 minutes. Stir in the paprika and cook for a further 1 minute. Stir in the chorizo and cook for a few minutes or until it's starting to brown and the oil has been released. Add the potatoes, mix together and then cook for 3–4 minutes to brown a little. Stir in the frozen peas and season with pepper, then cook for a few minutes to thaw slightly. Beat the eggs together with a good crack of black pepper, then mix in half of the cheese. Pour this egg mixture over the potato and peas in the pan. Cook the frittata over a medium heat for about 10 minutes or until the egg has set underneath and around the edges. Meanwhile, turn the grill onto its hottest setting. Scatter the remaining cheese over the frittata and put the pan under the hot grill for 5–10 minutes or until the eggs have set and the frittata is golden. It may puff up a little, which is absolutely fine. Once cooked, leave the frittata for a few minutes before slicing and serving. It is equally good eaten warm or cold.

NUTRITIONAL INFO

PER SERVE (based on serving 4 people) 1670kJ (400Cal), **protein** 23g, **total fat** 27g (sat. fat 8g), **carbs** 14g, **fibre** 5g, **sodium** 503mg • **Carb exchanges** 2 • **GI estimate** medium • **Lower carb**

PEA FALAFEL PITTAS

SERVES 4–6

FOR THE FALAFEL
250g frozen peas
1 × 400g tin chickpeas, drained
2 spring onions, sliced
3 garlic cloves, crushed or finely grated
1½ teaspoons ground cumin
½ teaspoon ground coriander
½ teaspoon chilli powder (optional)
Handful of coriander, roughly chopped
Handful of parsley, roughly chopped
3 tablespoons tahini
2½ tablespoons plain flour, plus extra for dusting
2–3 tablespoons olive oil

TO SERVE
4–6 pitta breads
4–6 tablespoons hummus (shop-bought or homemade)
4–6 tablespoons natural yoghurt or plant-based yoghurt alternative
Your choice of lettuce, cucumber, tomato and lemon wedges, to serve

Place the frozen peas in a heatproof bowl and cover them with freshly boiled water to defrost. Leave for a few minutes and then drain. Tip the peas into the food processor along with all the remaining ingredients for the falafel (except the oil). Blitz to a thick paste – you may need to add a drizzle of water. It should be a soft mixture. Tip the mixture into a bowl or onto a clean work surface, then shape the mixture into 12 balls, roughly the size of a large walnut. Flatten the balls slightly and dust them with a little flour. Chill in the fridge for 20–30 minutes. If you want to bake the falafel, preheat the oven to 200°C/180°C fan. Bake in the preheated oven for around 30 minutes, turning halfway. You can also cook them in the air fryer at 180°C for around 15–20 minutes. To fry in a frying pan, heat 1 tablespoon of oil over a medium heat and fry the falafel, adding more oil as necessary, for around 4 minutes on each side or until golden and cooked through – you may need to do this in batches. Serve the falafel tucked into the pitta breads with spoonfuls of hummus and yoghurt, and with plenty of salad.

NUTRITIONAL INFO

PER SERVE (based on serving 4 people) 2480kJ (593Cal), **protein** 21g, **total fat** 28g (sat. fat 4g), **carbs** 57g, **fibre** 16g, **sodium** 521mg • **Carb exchanges** 4 • **GI estimate** medium

IMAGES AND TEXT FROM THE FROZEN PEAS COOKBOOK BY SAMUEL GOLDSMITH.
PHOTOGRAPHY BY MOWIE KAY. ADDITIONAL INFORMATION SHANNON LAVERY (DIETITIAN)

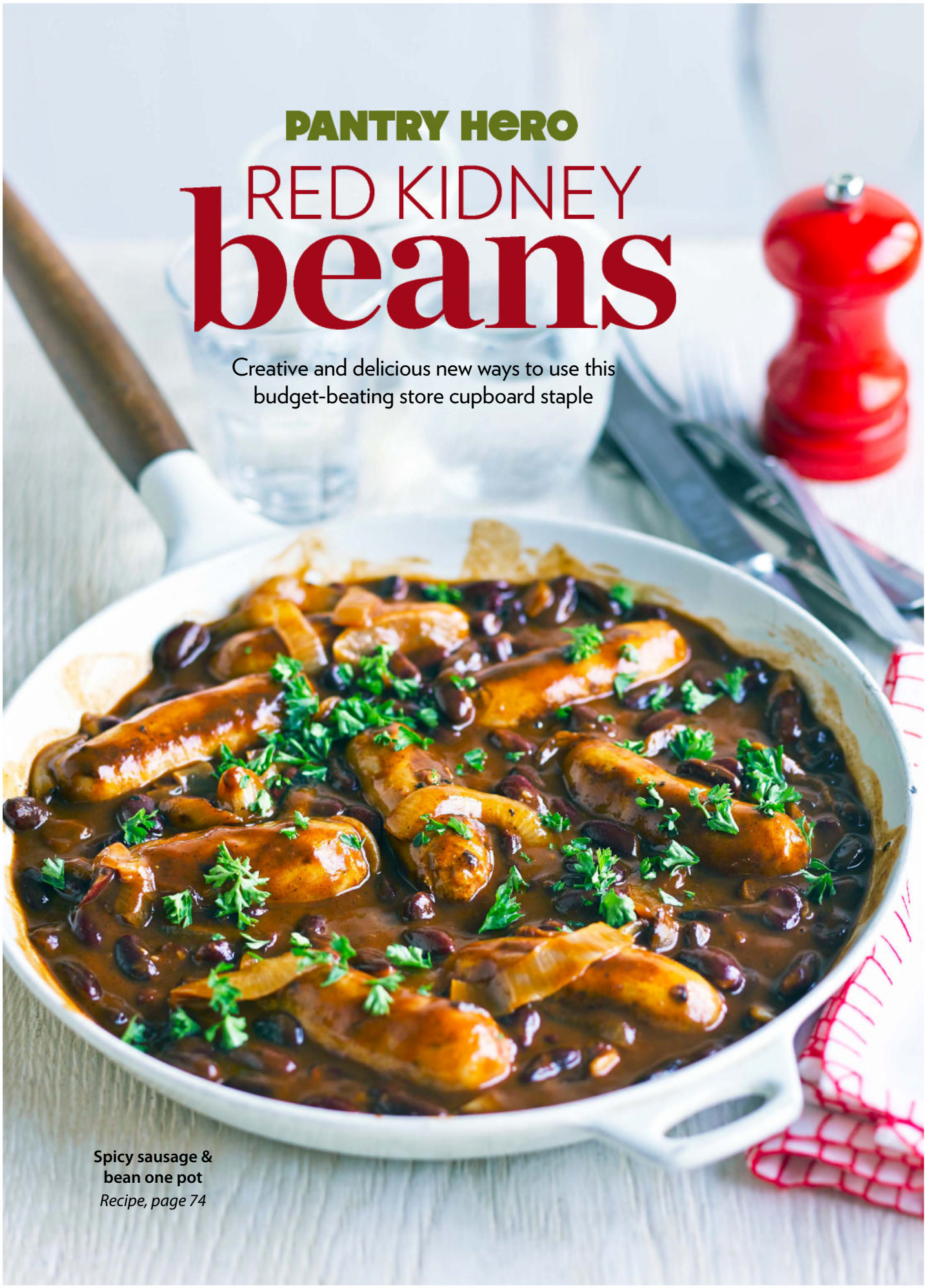
Pea Falafel pittas
Recipe, opposit3e

Edited extract from The Frozen Peas Cookbook by Samuel Goldsmith (Muroch Books, $39.99).

PANTRY HERO

RED KIDNEY beans

Creative and delicious new ways to use this budget-beating store cupboard staple



Spicy sausage & bean one pot

Recipe, page 74

HOW OUR FOOD WORKS FOR YOU
see page 90

Spicy chicken fried rice
Recipe, page 76

GF LC

STUFFED AVOCADO WITH SPICY BEANS & FETA

PREP 10 MINS **COOK** 5 MINS
SERVES 2 (AS A MAIN)

½ tsp cumin seeds
½ x 420g can no-added-salt red kidney beans, drained
1 large lime, zest and juice of ½, the other ½ cut into wedges
3 tomatoes, finely chopped
1 eschalot, finely chopped
1 green chilli, deseeded and finely chopped
Generous handful coriander, chopped, plus a few extra leaves, to serve
85g reduced-fat feta
1 large or 2 small avocados, stoned and peeled

1 Put the cumin seeds in a small non-stick frying pan over medium heat. Cook, stirring, for 1-2 minutes or until lightly toasted. Tip the cumin seeds into a large bowl.

2 Add the beans, lime zest and juice, tomatoes, eschalot, chilli and coriander to the cumin seeds. Crumble in the feta and gently toss to combine.

3 Place the avocado halves on serving plates. Spoon the bean mixture on top. Scatter with coriander leaves and lime wedges, to serve.

NUTRITIONAL INFO

PER SERVE 1600kJ (382Cal), **protein** 19g, **total fat** 21g (sat. fat 6g), **carbs** 19g, **fibre** 17g, **sodium** 496mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

Refried bean quesadillas
Recipe, page 76

GF

SPICY SAUSAGE & BEAN ONE POT

PREP 5 MINS **COOK** 20 MINS
SERVES 4 (AS A MAIN)

1 tbsp olive oil
1 brown onion, thickly sliced
8 Peppercorn Port & Red Onion Sausages
1 clove garlic, crushed
2 x 420g cans no-added-salt kidney beans, rinsed and drained
2 tbsp chilli sauce
2-3 sprigs curly parsley, chopped

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the onion and sausages and cook, stirring occasionally, for 8-10 minutes, or until the sausages brown all over.

2 Add the garlic to the pan with the kidney beans and chilli sauce. Half-fill one of the cans with water, swirl and then add this to the pan. Stir everything together and bring to the boil. Reduce heat to medium and simmer, stirring occasionally, for 10 minutes or until the sausages are cooked through.

3 Season the sausage mixture with freshly ground black pepper and sprinkle with the parsley.

NUTRITIONAL INFO

PER SERVE 2010kJ (481Cal), **protein** 30g, **total fat** 20g (sat. fat 6g), **carbs** 38g, **fibre** 12g, **sodium** 1100mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

GF

DOUBLE BEAN & ROASTED PEPPER CHILLI

PREP 30 MINS **COOK** 1 HOUR 30 MINS
SERVES 8 (AS A MAIN)

2 brown onions, chopped
2 celery sticks, finely chopped
2 yellow or orange capsicum, finely chopped
2 tbsp olive oil
2 x 460g jars roasted red peppers
2 tsp chipotle sauce
2 tbsp red wine vinegar
1 tbsp cocoa powder
1 tbsp dried oregano
1 tbsp sweet smoked paprika
2 tbsp ground cumin
1 tsp ground cinnamon
2 x 400g cans no-added-salt chopped tomatoes
400g can refried beans
3 x 420g cans no-added-salt kidney beans, drained and rinsed
2 x 420g cans no-added-salt black beans, drained and rinsed

1 Put the onions, celery and chopped capsicums and oil in a large flameproof casserole dish or heavy-based saucepan over low heat. Cook, stirring occasionally, for 8-10 minutes or until the onion softens but doesn't colour.

2 Drain both jars of peppers over a bowl to catch the juices. Put a quarter of the peppers into a small food processor with the chipotle sauce, vinegar, cocoa powder, oregano, paprika, cumin and cinnamon.

3 Add the tomatoes, refried beans, 1 can water and the reserved pepper juice to the casserole dish. Simmer for 1 hour or until sauce thickens and the tomato chunks have broken down to a smoother sauce.

4 Cut the remaining roasted peppers into small pieces. Add the kidney beans, black beans and the remaining roasted peppers to the casserole dish. Cook, stirring, over medium heat until heated through. Season with freshly ground black pepper. Serve. At this stage you can cool and chill the chilli if making ahead.

NUTRITIONAL INFO

PER SERVE 1670kJ (400Cal), **protein** 17g, **total fat** 8g (sat. fat 2g), **carbs** 56g, **fibre** 16g, **sodium** 202mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten free**

Double bean & roasted pepper chilli
Recipe, opposite

COOK'S TIP

- This makes a large batch, so once the sauce is ready it might be easier to split it between two pans when you add the beans and peppers.
- You can cool the recipe at the end of step 4, then portion out into airtight containers. Label, date and freeze for up to 3 months.

GF

SPICY CHICKEN FRIED RICE

PREP 5 MINS **COOK** 20 MINS **SERVES** 4 (AS A MAIN)

600g skinless chicken breasts, trimmed of fat, thinly sliced
3 tsp ground cumin
Good pinch chilli flakes
Handful coriander leaves, roughly chopped
1 tbsp olive oil
2 red capsicums, deseeded and thinly sliced
2 x 250g Tilda Basmati & Wild Rice Pouches, heated following packet directions
420g can no-added-salt red kidney beans, rinsed and drained
½ bunch green shallots, sliced

1 Put the chicken, cumin, chilli flakes and coriander in a bowl. Toss to combine.

2 Heat the oil a large non-stick frying pan over medium heat. Add the capsicum and cook, stirring occasionally, for 3 minutes or until starting to soften. Add the chicken and stir-fry for 4-5 minutes or until golden and cooked through.

3 Add the rice, beans and green shallots to the frying pan. Toss over heat until warmed through. Serve.

NUTRITIONAL INFO

PER SERVE 2000kJ (478Cal), **protein** 44g, **total fat** 11g (sat. fat 2g), **carbs** 47g, **fibre** 9g, **sodium** 302mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten free**

GFO LCO

REFRIED BEAN QUESADILLAS

PREP 10 MINS **COOK** 20 MINS **SERVES** 4 (AS A MAIN)

1 tbsp olive oil
1 brown onion, finely chopped
2 cloves garlic, finely chopped
1 tsp cumin seeds
420g can no-added-salt red kidney beans, rinsed and drained
2 tsp smoked paprika
8 flour tortillas or gluten-free tortillas
100g reduced-fat grated cheddar
Handful coriander leaves
200g fresh tomato salsa, plus extra, to serve
4 tbsp reduced-fat Greek yoghurt, to serve

1 Heat oil in a large non-stick frying pan over medium heat. Add the onion and garlic and cook, stirring, for 2 minutes. Add the cumin and cook, stirring, for 1 minute. Add the beans, paprika and a splash of water.

2 Use a potato masher to break the beans down as they warm through to make a rough purée. Season with freshly ground black pepper.

3 Spread the refried beans onto 4 of the tortillas and scatter over the cheese and coriander. Spoon over the salsa, then top with the remaining tortillas to make 4 sandwiches. Wipe the frying pan with paper towel and return to medium heat (alternatively you can use a chargrill pan). Cook each sandwich for 1-2 minutes on each side until the tortillas are crisp and golden and the cheese is melting.

4 Cut the quesadillas into wedges. Serve with the extra salsa and yoghurt.

NUTRITIONAL INFO

PER SERVE 2190kJ (524Cal), **protein** 21g, **total fat** 20g (sat. fat 7g), **carbs** 60g, **fibre** 10g, **sodium** 760mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Use a small onion and half the quantity of Greek yoghurt, and replace the tortillas with 8 Simson's Pantry Low Carb Tortillas.

PER SERVE 1870kJ (447Cal), **protein** 30g, **total fat** 16g (sat. fat 9g), **carbs** 26g, **fibre** 21g, **sodium** 558mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTY IMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

HOW OUR FOOD WORKS FOR YOU see page 90

Pop the kettle on for this beauty

EGG-FREE

CINNAMON & COCONUT BANANA BREAD

PREP 15 MINS (+ COOLING) **COOK** 1 HOUR
SERVES 12 (AS A SNACK OR DESSERT)

2 tbsp chia seeds
215g (1⅓ cups) wholemeal self-raising flour
1 tsp ground cinnamon
1 tsp bicarbonate of soda
100ml sugar-free maple syrup
80g light olive oil
3 bananas, 2 mashed, 1 left whole
3 tbsp skim milk or plant-based milk alternative
1 tsp vanilla extract
45g (½ cup) desiccated coconut

1 Preheat oven to 160°C (fan-forced). Spray a 21 x 11 x 7cm deep non-stick loaf tin with cooking spray. Line the base and side with non-stick baking paper, allowing the paper to overhang the sides.

2 Put the chia seeds in a small bowl with 80ml (⅓ cup) of water. Stir and set aside to thicken for 5 minutes. Combine the flour, cinnamon and bicarbonate of soda in a separate bowl.

3 Reserve 1 tbsp of the maple syrup and put the remaining syrup in a large bowl with the oil. Whisk together. Add the chia seeds and whisk again until combined. Add the mashed bananas, milk and vanilla extract, and give it a final whisk.

4 Using a silicone spatula, fold in the flour mixture – be careful not to over-mix, a few lumps are fine. Fold in the coconut until just combined.

5 Pour the batter into the lined loaf tin and spread out until smooth. Thickly slice the remaining banana lengthwise and arrange on top. Brush with the remaining maple syrup. Bake for 50-55 minutes or until the top of the loaf is deeply golden and a skewer inserted into the middle comes out clean. Set aside in the tin for 10 minutes. Use the baking paper to lift the loaf onto a wire rack to cool before slicing.

NUTRITIONAL INFO

PER SERVE 771kJ (184Cal), **protein** 3g, **total fat** 10g (sat. fat 3g), **carbs** 18g, **fibre** 4g, **sodium** 225mg • **Carb exchanges** 1 • **GI estimate** high

COOK'S TIP

Keep in an airtight container in the fridge for up to 3 days. Alternatively, cut into slices and wrap up individually in plastic wrap. Place in a resealable plastic bag and freeze for up to 2 months. Remove pieces are required.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY, CLEO TAN

home BAKED

Cap off mealtime with a piping hot dessert, fresh from the oven or microwave

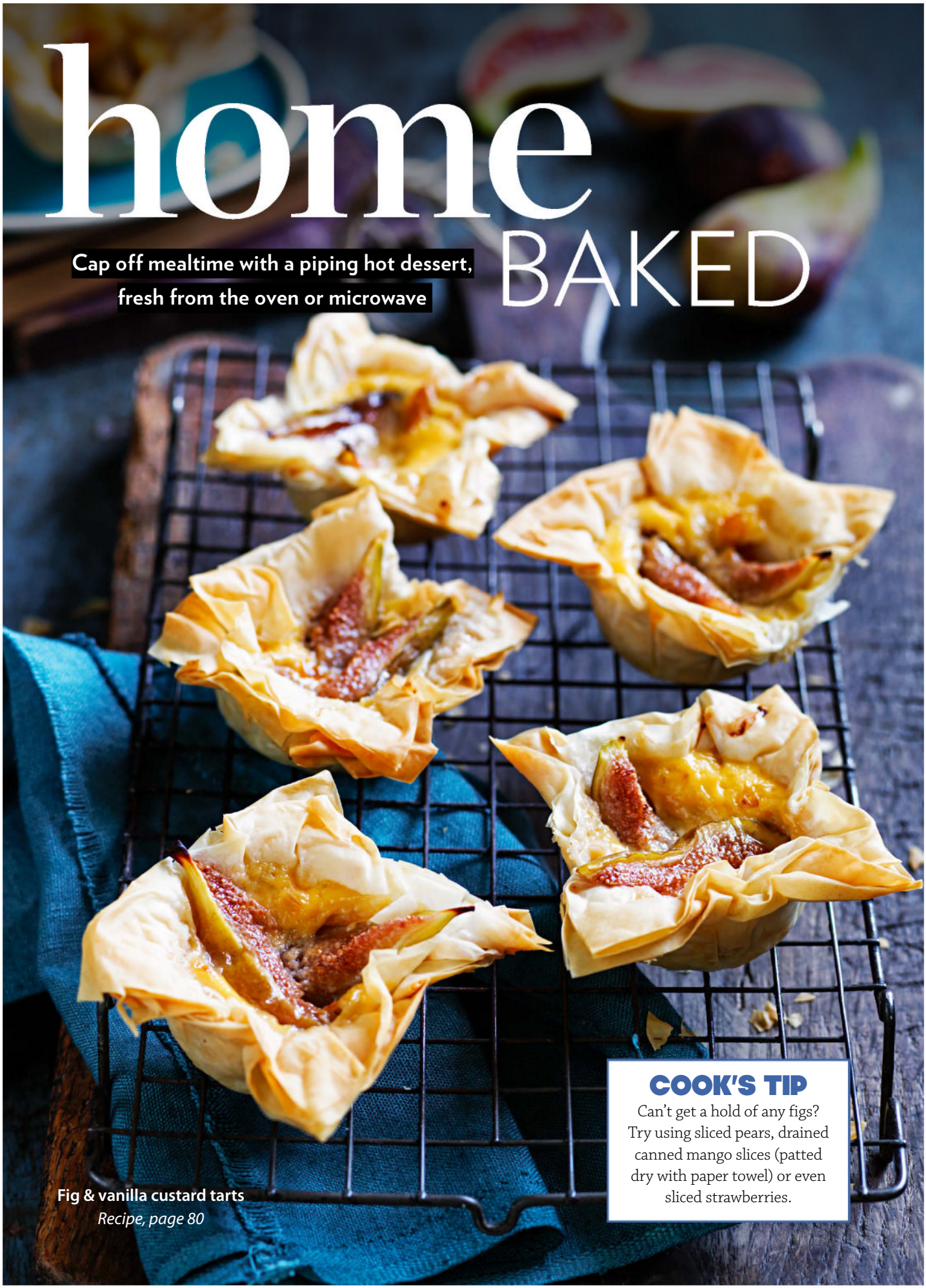


Fig & vanilla custard tarts
Recipe, page 80

COOK'S TIP

Can't get a hold of any figs? Try using sliced pears, drained canned mango slices (patted dry with paper towel) or even sliced strawberries.

COOK'S TIP

Try replacing the almond meal with hazelnut meal and the golden syrup with honey or maple syrup.

HOW OUR FOOD WORKS FOR YOU
see page 90

Baked almond & golden syrup pears
Recipe, page 80

FIG & VANILLA CUSTARD TARTS

PREP 10 MINS COOK 25 MINS
SERVES 6 (AS A DESSERT)

6 sheets filo pastry
1 tbsp custard powder
160ml (⅔ cup) low-fat milk
3 x 60g eggs
1 tsp vanilla extract
2 tbsp caster sugar or granulated sugar substitute
2 small figs, sliced lengthways

1 Preheat oven to 170°C (fan-forced). Spray 6 x 125ml (½ cup) non-stick muffin pans with cooking spray. Place one sheet of filo out on a clean surface. Spray with cooking spray. Fold the filo into 4 and use to line one of the muffin holes, trimming to fit. Repeat with the remaining filo and cooking spray.

2 Place the custard powder in a medium bowl. Whisk in the milk, eggs, vanilla extract and sugar. Arrange the sliced figs over the base of the pans. Pour the custard mixture over the figs. Bake for 20-25 minutes or until set.

3 Remove the tarts from the pans and serve warm or at room temperature.

NUTRITIONAL INFO

PER SERVE (with sugar) 540kJ (129Cal), **protein** 6g, **total fat** 3g (sat. fat 1g), **carbs** 18g, **fibre** 1g, **sodium** 144mg • **Carb exchanges** 1 • **GI estimate** medium

PER SERVE (with sugar substitute) 461kJ (110Cal), **protein** 6g, **total fat** 3g (sat. fat 1g), **carbs** 13g, **fibre** 1g, **sodium** 144mg • **Carb exchanges** 1 • **GI estimate** medium

BAKED ALMOND & GOLDEN SYRUP PEARS

PREP 15 MINS COOK 20 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

1 egg white (from 60g egg), lightly whisked
3 tbsp almond meal
½ tsp vanilla extract
2 ripe pears
1 sheet 25% reduced-fat puff pastry, thawed
1 egg yolk (from 60g egg), whisked
2 tsp golden syrup

1 Preheat oven to 190°C (fan-forced). Line a baking tray with non-stick baking paper. Combine the egg white, almond meal and vanilla extract in a small bowl.

2 Cut each pear in half. Place the pears, cut-side down onto the pastry. Using a small, sharp knife, cut around each pear half, leaving about an extra 1cm pastry (so the pastry ends up being cut out in a pear shape). Take the pears off the pastry. Peel the pear halves and carefully scoop out the core with a small spoon.

3 Spread the almond mixture over the middle of each piece of pastry. Top with the pear halves, cut-side down. Brush the pastry with a little egg yolk. Brush 1 teaspoon of the golden syrup over the top of the pears. Bake for 20 minutes or until the pastry is golden brown.

4 Place the pears on serving plates. Brush with the remaining golden syrup. Serve.

NUTRITIONAL INFO

PER SERVE 1050kJ (251Cal), **protein** 6g, **total fat** 9g (sat. fat 3g), **carbs** 32g, **fibre** 3g, **sodium** 156mg • **Carb exchanges** 2 • **GI estimate** medium

QUICK RASPBERRY & VANILLA MICROWAVE PUDDING

PREP 5 MINS COOK 15 MINS
SERVES 4 (AS A DESSERT)

125g (1 cup) frozen raspberries
1 large ripe pear, peeled, cored, chopped
2 tbsp wholemeal self-raising flour
2 tbsp self-raising flour
2 tbsp caster sugar or granulated sugar substitute
60ml (¼ cup) skim milk
20g light margarine, melted
1 x 60g egg
1 tsp vanilla extract
Icing sugar, to serve (optional)
Fresh raspberries, to serve (optional)

1 Spray a 1L (4 cup) microwave-safe dish with cooking spray. Arrange the raspberries and pear over the base.

2 Combine the flours and sugar in a medium bowl. Whisk the milk, margarine, egg and vanilla extract together. Add to the flour mixture and stir until well combined.

3 Pour the batter over the fruit. Cook on Medium/50% for 16-20 minutes or until the pudding is just cooked through when tested with a skewer in the middle. Cover with foil and set aside for 5 minutes. Dust with icing sugar, to serve, if you like.

NUTRITIONAL INFO

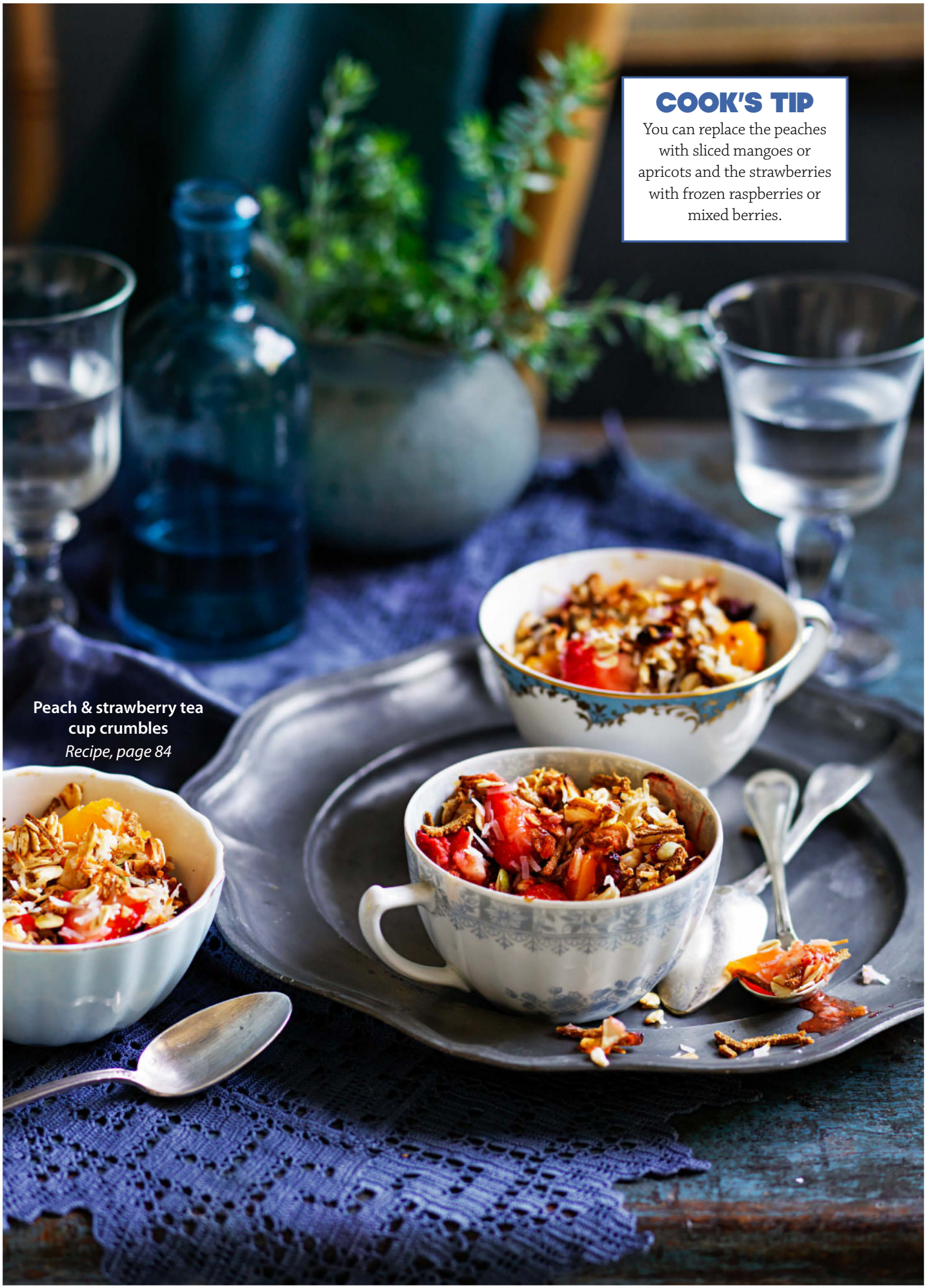
PER SERVE (with sugar) 571kJ (137Cal), **protein** 4g, **total fat** 3g (sat. fat 1g), **carbs** 20g, **fibre** 4g, **sodium** 85mg • **Carb exchanges** 1½ • **GI estimate** medium

PER SERVE (with sugar substitute) 452kJ (108Cal), **protein** 4g, **total fat** 3g (sat. fat 1g), **carbs** 13g, **fibre** 4g, **sodium** 86mg • **Carb exchanges** 1 • **GI estimate** medium

Quick raspberry & vanilla microwave pudding
Recipe, opposite

COOK'S TIP

Try replacing the raspberries with frozen strawberries (roughly chopped) or mixed berries, and the pear with 1 large apple.



COOK'S TIP

You can replace the peaches with sliced mangoes or apricots and the strawberries with frozen raspberries or mixed berries.

Peach & strawberry tea cup crumbles

Recipe, page 84

Hazelnut, banana & caramel meringue
Recipe, page 84

COOK'S TIP

Try replacing the bananas with any seasonal sliced fruit and the caramel topping with diet chocolate topping.

Peach & strawberry tea cup crumbles

PREP 5 MINS **COOK** 15 MINS
SERVES 4 (AS A DESSERT)

1 x 400g can sliced peaches in natural juice, drained
1 x 250g punnet strawberries, halved or quartered
45g (½ cup) AllBran High Fibre Muesli
2 tbsp shredded coconut
2 tsp honey

1 Preheat oven to 170°C (fan-forced). Place 4 heatproof teacups or 125ml (½ cup) ovenproof dishes on a baking tray.

2 Divide the peaches and strawberries between the tea cups. Combine the muesli, coconut and honey in a small bowl. Divide evenly over the fruit.

3 Bake the crumbles for 12-15 minutes or until the crumble is lightly toasted. Serve warm.

NUTRITIONAL INFO

PER SERVE 529kJ (127Cal), **protein** 2g, **total fat** 4g (sat. fat 3g), **carbs** 19g, **fibre** 4g, **sodium** 17mg • **Carb exchanges** 1½ • **GI estimate** low

Hazelnut, banana & caramel meringue

PREP 15 MINS **COOK** 1 HOUR
SERVES 12 (AS A DESSERT)

3 egg whites (from 60g eggs)
Pinch cream of tartar
175g (¾ cup) caster sugar
50g (5 tbsp) hazelnut meal
390g (1½ cups) low-fat vanilla yoghurt
2 bananas, thinly diagonally sliced
1 tbsp Natvia Caramel Sauce

1 Preheat oven to 160°C (fan-forced). Line a baking tray with non-stick baking paper. Draw an 18cm circle on the baking paper and place drawing-side down on the tray.

2 Using electric beaters, whisk the egg whites and cream of tartar until soft peaks form. Add the sugar, 1 tablespoon at a time, whisking well between each addition, until the sugar dissolves. Continue to whisk for a further 2 minutes. Stir the hazelnuts into the egg whites until well combined.

3 Spoon the hazelnut mixture onto the lined tray and spread out over the circle. Bake for 45 minutes or until the meringue is dry and crisp on top. Put a wooden spoon in the oven door to hold it ajar. Leave the meringue in the oven for 1 hour to allow it to cool slowly.

4 To serve, place the meringue on a serving platter. Spoon the yoghurt over the meringue. Top with the banana slices. Drizzle over the caramel topping. Serve.

NUTRITIONAL INFO

PER SERVE 571kJ (137Cal), **protein** 3g, **total fat** 4g (sat. fat 1g), **carbs** 23g, **fibre** 1g, **sodium** 40mg • **Carb exchanges** 1 ½ • **GI estimate** medium

Lemon & ricotta meringue pie

PREP 15 MINS (+ 20 MINS CHILLING AND COOLING) **COOK** 1 HOUR
SERVES 12 (AS AN OCCASIONAL DESSERT)

1 sheet frozen 25% reduced-fat shortcrust pastry, thawed
375g container smooth light ricotta cheese
150g (½ cup) Yackandandah Lemon Curd
1 x 60g egg, lightly whisked
Finely grated zest of 1 lemon
3 egg whites (from 60g eggs)
80g (⅓ cup) caster sugar

1 Preheat oven to 170°C (fan-forced). Spray a 20cm (base measurement) loose-bottomed flan tin with cooking spray. Roll the pastry out on a lightly floured surface until large enough to line the flan tin (if you are short on any of the sides, you can cut the leftover pastry to fill any gaps). Trim edges. Place in the fridge for 20 minutes to chill.

2 Place the flan tin on a baking tray lined with non-stick baking paper. Line the tin with a piece of baking paper. Fill the tin with baking beans or uncooked rice. Bake for 15 minutes. Remove the paper and beans. Bake for a further 8 minutes or until the pastry is cooked. Set aside to cool. Reduce oven temperature to 160°C (fan-forced).

3 Whisk the ricotta, lemon curd, egg and lemon zest in a medium bowl. Spoon the filling into the cooled pastry shell and smooth the surface. Bake for 20-25 minutes or until the filling is set. Set aside to cool.

4 Using electric beaters whisk the egg whites in a medium, dry, clean bowl until soft peaks form. Add the sugar, 1 tablespoon at a time, whisking well between each addition until all the sugar has dissolved. Spoon the meringue over the lemon filling. Spread out using a spoon and spike up the top. Bake for 8 minutes or until the meringue is light golden brown. Set aside to cool. Cut into pieces to serve.

NUTRITIONAL INFO

PER SERVE 624kJ (149Cal), **protein** 7g, **total fat** 3g (sat. fat 2g), **carbs** 23g, **fibre** 0g, **sodium** 100mg • **Carb exchanges** 1½ • **GI estimate** medium

STYLING: MARIE-HELENE CLAUZON PHOTOGRAPHY: BEN DEARNLEY FOOD PREPARATION: CYNTHIA BLACK
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Lemon & ricotta meringue pie
Recipe, opposite

COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

STEPS TO SUCCESS

- **CHOOSE THE RIGHT PAN** – one that can get very hot and retain that heat, such as a heavy thick-based pan, cast iron or a good chargrill pan. Make sure there's enough room for the steaks with a bit of space around them. Overcrowding will cause steam so you won't get a good sear.
- **TAKE THE STEAKS OUT OF THE FRIDGE** an hour before cooking. This will allow the meat to come to room temperature and cook more evenly.
- **ALWAYS OIL THE MEAT** and not the pan. Putting oil in the pan with cause the temperature to drop (and fill your kitchen with smoke). Put the steaks on a plate and lightly coat each side with olive oil.
- **GET THE PAN BLISTERING HOT** for cooking. This will help get that lovely caramelised crust on the surface of the meat.
- **RESTING IS VITAL.** At least 5 minutes under foil will give most of the juices a chance to reabsorb and the steak will be perfectly tender as a result.

COOKING THE perfect steak

WORDS ALISON ROBERTS; PHOTOGRAPHY GETTY IMAGES; ADDITIONAL INFORMATION SHANNON LAVERY (DIETITIAN)

SECOND DESSERT

GF

Thinly slice 1 royal gala or fuji apple. Drizzle with 1 tbsp no-added-salt or sugar peanut butter and a sprinkle of ground cinnamon. Scatter over 2 tbsp frozen raspberries. Serves 2.
PER SERVE 532kJ (127Cal), **protein** 3g, **total fat** 7g (sat. fat 1g), **carbs** 12g, **fibre** 3g, **sodium** 2mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

SUPERMARKET CRUSH
Mayvers Natural Health Bars

A great snack for when you're on the go! Mayver's Natural Health Bars carry a 5-star health rating, with approximately 12-16g carbs (1 exchange) and 4-5g fibre in each bar, keeping you feeling full for longer to help get you through the day. They contain no added sugar or artificial sweeteners, and are suitable for people on a gluten-free diet. Available in Salted Caramel and Choc Chip Crunchy Peanut Butter.
5-pack available in Woolworths muesli bar aisle. RRP $6.90

QUICK & EASY SNACKS

GF LC

BASIL, TOMATO AND BOCCONCINI BITES

Thread small basil leaves, 8 cherry tomatoes and 8 (40g) baby bocconcini onto 2 small wooden skewers. Drizzle with ½ tsp olive oil and balsamic vinegar. Sprinkle with freshly ground black pepper. **Serves 1.**

PER SERVE 582kJ (139Cal), **protein** 7g, **total fat** 11g (sat. fat 6g), **carbs** 3g, **fibre** 1g, **sodium** 146mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

GFO

PEAR, CHEESE & CHUTNEY CORN CAKES

Spread 2 multigrain corn thins with 2 teaspoons tomato chutney or gluten-free chutney. Top with ½ small thinly sliced pear and 4 (20g) thin slices reduced-fat vintage cheese. Sprinkle with freshly ground black pepper. **Serves 1.**

PER SERVE 480kJ (115Cal), **protein** 6g, **total fat** 3g (sat. fat 2g), **carbs** 12g, **fibre** 3g, **sodium** 194mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option**

GFO LC

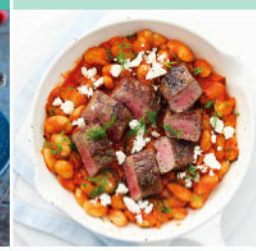
AVOCADO, ROASTED PEPPER & CHICKEN MELT

Spread 1 slice toasted Low GI wholegrain bread or gluten-free bread with 2 tbsp mashed avocado. Top with 40g shredded skinless chicken breast fillet and 2 tbsp thinly sliced roasted red capsicum strips. Top with 1 slice reduced-fat cheese. Place under medium grill and cook for 3-4 minutes or until cheese melts. Sprinkle with freshly ground black pepper. Cut in half and serve. **Serves 2.**

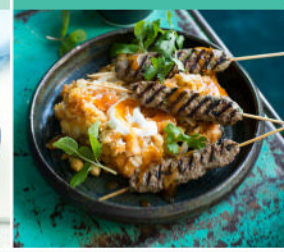
PER SERVE 586kJ (140Cal), **protein** 11g, **total fat** 6g (sat. fat 2g), **carbs** 9g, **fibre** 2g, **sodium** 176mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Microwave kale & chilli eggs (p 50) *pictured*	Carman's Protein Porridge sachet made with skim milk & topped with ½ cup berries	2 slices soy linseed bread topped with ½ small avocado, 2 tbsp cottage cheese & 1 tbsp pepitas	2 Weet-Bix Blends Hi-Bran with ½ cup milk and 5 sliced strawberries
Snack	Small skim cappuccino & 2 fresh dates	Sunshine smoothie (p 47)	Cinnamon & coconut banana bread (p 77)	30g unsalted nuts (¼ cup)
Lunch	Mushroom & rice one-pot (p 36)	Turkey & feta kebabs (p 42)	Microwave mac 'n' cheese (p 52)	Stuffed avocado with spicy beans & feta (p72) *pictured*
Optional snack	1 piece of fresh fruit	170g tub Yopro	2 tbsp hummus + 1 cup carrot sticks	1 piece of fresh fruit
Dinner	Herb & garlic salmon (p 28)	Pasta salad with tuna, capers & balsamic dressing (p 18)	Greek beans with seared lamb (p 16) *pictured*	Miso chicken and rice soup (p 20)
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Fig & vanilla custard tarts (p 80)	Quick raspberry & vanilla microwave pudding (p 80) *pictured*	1 cup fresh fruit salad	1 glass of skim milk
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
1 slice wholemeal sourdough with 3 tbsp reduced-fat ricotta, sliced banana & ½ tsp drizzle of honey	1 cup fresh fruit salad topped with ¾ cup diet yoghurt & 1 tbsp sunflower seeds	Carman's Protein Porridge sachet made with skim milk & topped with ½ cup berries
Sliced apple with 2 tsp nut butter	Pear, cheese & chutney corn cakes (p 87)	1 piece of fresh fruit
Spanish tortilla (p 54) *pictured*	Microwave chilli (p 50)	Moroccan-inspired chicken with carrot & orange salad (p 44)
Basil, tomato & bocconcini bites (p 87)	30g unsalted nuts (¼ cup)	170g tub Chobani yoghurt
Turkey chilli with jacket potatoes (p 18)	Pad Thai with prawns (p 20) *pictured*	Lamb koftas with spiced potato & cauliflower mash (p 60) *pictured*
have a couple of alcohol-free days a week.		
Homemade hot chocolate (p 47)	60 second dessert (p 87)	Peach & strawberry tea cup crumbles (p 84)
Always discuss your exercise plans with your doctor first.		

THE POWER OF DAIRY

Dairy is more than just a bone-strengthening food—it's a nutritional powerhouse that provides energy, supports blood glucose management, and may lower the risk of heart disease, stroke, high blood pressure, and some cancers. Yet only one in 10 Australians meet the recommended dairy intake.

Without dairy, key nutrients such as calcium, protein, iodine, and vitamin B12 may be at risk of deficiency, which can impact bone health, muscle function, metabolism, and nervous system health.

The amount of dairy you need depends on age and gender. Teens should aim for 3.5 serves daily, adults need 2.5 serves, and women over 51 require up to four serves to maintain bone health. One serve could be a cup of milk, two slices of reduced-fat cheese, or 200g of yoghurt.

Adding dairy is simple: a smoothie for breakfast, cheese in a salad for lunch, and yoghurt-based dressings at dinner. For snacks, enjoy cottage cheese with apple or a milk-based decaf coffee.

Prioritising dairy ensures you meet essential nutrient needs—your body will thank you!

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

NUTRITIONAL INFO
PER SERVE 1600kJ (382Cal), **protein** 19g, **total fat** 21g (sat. fat 6g), **carbs** 19g, **fibre** 17g, **sodium** 496mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

Stuffed avocado with spicy beans & feta
Recipe, page 72

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option
When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

PHOTOGRAPHY GETTY IMAGES

Take action and reduce your diabetes-related risks of developing cancer

the links between DIABETES AND CANCER

Research shows that people with type 2 diabetes have a higher risk of developing certain types of cancer. While this might sound concerning, understanding this link can empower you to take proactive steps for your health. DL Magazine dietitian and diabetes educator, Dr Kate Marsh discusses the connection between cancer and diabetes, the possible reasons for this link and provides tips for reducing your cancer risk.

THE DIABETES CANCER CONNECTION

Several types of cancer are more common among people with diabetes. According to the American Diabetes Association 2025 Standards of Care, there is an increased risk of the following cancers:

- liver
- endometrium
- colon and rectum
- pancreas
- breast
- bladder

There is also evidence that people with diabetes who develop cancer have worse outcomes, particularly for colorectal (bowel) cancer.

WHY MIGHT DIABETES INCREASE CANCER RISK?

There are a few reasons that may explain the link between diabetes and cancer.

One explanation is that diabetes and cancer share some common risk factors, including:

AGE: cancer and type 2 diabetes are both more common as we age.

EXCESS WEIGHT: Excess body weight is a risk factor for both type 2 diabetes and various cancers.

PHYSICAL INACTIVITY: A sedentary lifestyle increases the risk of both diabetes and cancer.

SMOKING: smoking can increase the risk of type 2 diabetes and many types of cancer.

Diabetes and cancer also share some molecular pathways, such as:

INFLAMMATION: Chronic inflammation is associated with diabetes and excess weight and can also contribute to cancer development and progression.

HYPERGLYCEMIA: High blood glucose levels, a symptom of diabetes, can increase oxidative stress and promote cancer cell growth.

HYPERINSULINEMIA: High levels of insulin activate cell signaling pathways that promote cancer cell growth and spread.

Understanding the link between diabetes and cancer can empower you to take proactive steps for your health.

...how to lower your risk

THE ROLE OF DIABETES MEDS

Researchers are investigating whether some diabetes medications affect cancer risk. This is an area of ongoing research, and here's what we know so far:

METFORMIN: This is the most commonly used medication for type 2 diabetes and may have potential anti-cancer properties.

SULFONYLUREAS: There are several types of sulfonylureas and some might lower cancer risk, but it's not totally clear.

THIAZOLIDINEDIONES (TZDS): The effect of these medications on cancer risk is mixed. There was a previous concern about bladder cancer with the use of pioglitazone, but the findings are not conclusive.

GLP-1 RECEPTOR AGONISTS (GLP-1 RAS): These medications are not associated with an increased risk of cancer.

SGLT2 INHIBITORS: There's no evidence these medications increase cancer risk, and studies are exploring if they might help prevent some cancers.

INSULIN: Research on insulin therapy and cancer risk is inconclusive; some studies show a possible link, while others don't.

In short, we need more research to fully understand how diabetes medications affect cancer risk. There's currently no strong evidence linking diabetes drugs with a risk of particular types of cancer.

LIFESTYLE HABITS TO REDUCE YOUR CANCER RISK

In 2007, the World Cancer Research Fund (WCRF) and American Institute for Cancer Research (AICR) produced a set of 10 lifestyle-based guidelines aimed at reducing the worldwide risk of cancer, for both individuals and at a population level. The guidelines, known as the Cancer Prevention Recommendations, were updated in 2018 based on current scientific evidence, and focus on dietary changes, weight management, physical activity and limiting alcohol intake.

If you are interested in reducing your cancer risk, the WCRF/AICR guidelines recommend the following:

BE A HEALTHY WEIGHT: Keep your weight within the healthy range and avoid weight gain in adult life. Carrying extra body fat can increase the risk of many types of cancer.

BE PHYSICALLY ACTIVE: Be physically active as part of everyday life by following or exceeding national physical activity guidelines and limiting sitting/sedentary time. There is strong evidence that being physically active protects against many forms of cancer.

EAT A BETTER DIET: Make wholegrains, vegetables, fruit and legumes (pulses) a major part of your usual diet. Aim for at least 30g fibre from a range of plant foods and at least 400g from a variety of different coloured fruits and vegetables each day.

LIMIT FAST FOODS: Limit consumption of 'fast foods' and other processed foods high in fat, starches, or sugars. This includes many snack foods, bakery foods, desserts and confectionary.

LIMIT RED AND PROCESSED MEAT: Eat no more than moderate amounts (350-500g cooked) of red meat, such as beef, pork and lamb each week. Eat little, if any, processed meats. There is strong evidence that red and processed meat can increase the risk of bowel cancer.

CUT DOWN ON SUGARY DRINKS: Limit sugar-sweetened drinks, and drink mostly water and unsweetened drinks. Sugar-sweetened drinks contribute to weight gain, which increases the risk of many cancers.

LIMIT ALCOHOL CONSUMPTION: For cancer prevention, it is best not to drink alcohol. There is strong evidence that drinking alcohol increases the risk of many types of cancer, including cancers of the digestive system, liver and breast.

DON'T USE SUPPLEMENTS FOR CANCER PREVENTION: Aim to meet nutritional needs through diet alone. While there may be a need for certain nutritional supplements for some people, evidence doesn't show that high dose micronutrient supplements can protect against cancer, and in some cases may have a negative effect.

BREASTFEED YOUR BABY, IF YOU CAN: Breastfeeding is good for both mother and baby. Breastfeeding has short and long-term health benefits for the baby and can reduce the risk of breast cancer in the mother.

AFTER A CANCER DIAGNOSIS: Follow our recommendations, if you are able to. Unless advised otherwise, all cancer survivors are advised to follow the Cancer Prevention Recommendations if they are able to. They should also receive personalised guidance on nutrition and physical activity from healthcare professionals.

NOT SMOKING and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

WHAT CAN YOU DO TO REDUCE YOUR RISK?

While the link between type 2 diabetes and cancer may seem concerning, the good news is that you can take steps to reduce your risk:

OPTIMISE YOUR DIABETES MANAGEMENT. Work with your healthcare team to keep your blood glucose levels within your target range.

MAINTAIN A HEALTHY WEIGHT. Achieving and maintaining a healthy weight can significantly reduce your risk of both type 2 diabetes and cancer and can help in managing your diabetes.

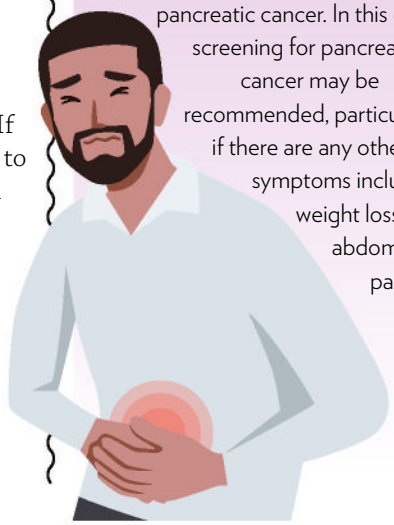
ADOPT HEALTHY LIFESTYLE HABITS. This includes eating a healthy diet, exercising regularly, not smoking and avoiding or limiting alcohol intake (see box for more details).

HAVE REGULAR CANCER SCREENINGS. Early detection is important for successful cancer treatment, so it is important to have the recommended cancer screenings for your age and sex. If you are unsure which screenings to have and when, discuss this with your general practitioner.

BE AWARE AND PROACTIVE. If you have any unusual signs or symptoms or new health concerns, make sure you discuss them with your general practitioner or other health professional promptly.

CAUTION: PANCREATIC CANCER & DIABETES

Diabetes diagnosed in middle age or later in someone without the typical risk factors (for example, in someone who is lean and has no family history) could be a sign of pancreatic cancer. In this case, screening for pancreatic cancer may be recommended, particularly if there are any other symptoms including weight loss and abdominal pain.



PHOTOGRAPHY AND ILLUSTRATIONS GETTY IMAGES

Resources

World Cancer Research Fund Cancer Prevention Guidelines:
wcrf.org/preventing-cancer/cancer-prevention/our-cancer-prevention-recommendations/

Cancer Australia Awareness information including healthy lifestyle tips and screening:
canceraustralia.gov.au/awareness

Cancer Council Australia Causes and Prevention: cancer.org.au/cancer-information/causes-and-prevention

Australian Government cancer screening programs: canceraustralia.gov.au/awareness/screening

7 NEED-TO-KNOW FACTS ABOUT... diabetes & sleep

Getting decent shut-eye is important to our overall health and wellbeing. But it's not always as easy as it should be, and people living with diabetes often report poor sleep.

COUNTING SHEEP

Sleep requirements will vary between individuals but the general recommendation for adults is seven to nine hours per night. You should be able to tell if you are getting enough sleep by how well you function during the day. Keep in mind that over-sleeping can also impact your health, so aim for the recommended range.

HIGHS AND LOWS

High and low blood glucose levels (BGLs) during the night can impact your sleep. When your levels are high, you may experience symptoms like increased thirst, frequent bathroom visits, and headaches. If your BGLs drop below 4mmol/L (commonly referred to as a low or 'hypo'), this can cause palpitations, shakiness, sweating, hunger, and nightmares.

EYES WIDE OPEN

On the flip side, poor duration and quality of sleep can impact your BGLs during the day, leading to fatigue, increased appetite (and cravings for unhealthy foods), and reduced energy levels. Lack of sleep also increases cortisol levels (the stress hormone) and reduces insulin sensitivity, both of which affect glucose.

BROKEN ZZZ'S

Common diabetes complications such as sleep apnoea, restless leg syndrome, and pain caused by neuropathy can make it difficult to get to sleep (and stay asleep). If you have sleep apnoea, losing weight, giving up smoking, and lowering alcohol intake will help, and a CPAP machine may be required. If you are struggling to sleep due to diabetes-related complications, contact your healthcare team for advice.

TECH SUPPORT

Technology such as a continuous glucose monitor (CGM), or a hybrid closed loop system (an insulin pump and CGM that 'talk' to each other), can help improve quality of sleep for some people by monitoring BGLs and either alerting the person of a deviation, or correcting levels (in the case of a closed loop system). Wearable sleep trackers are a good way to gain insights into your sleep patterns.

FINDING THE SANDMAN

Improving your 'sleep hygiene' is a good place to start, try these tips:

- Go to bed and get up at the same time each day
- Don't go to bed on a full or empty stomach
- Avoid caffeine, alcohol and stimulants like cigarettes before bed
- Limit the blue light from screens in the hours before bed
- Avoid daytime naps if you can
- Maintain a comfortable sleep environment – not too hot or cold and avoid having distractions in the room (like your phone or a TV)

STILL NEED HELP?

If you've tried all these things and sleep still evades you, contact your healthcare team. Sleeping pills are meant for short-term use only and should only be used under a doctor's supervision. Your team can help you identify the causes of your sleep issues to help you find your way to the land of nod.

WRITTEN BY ERIN ROBERTS; ILLUSTRATION GETTY IMAGES

Type 1 diabetes is commonly associated with children and youths, but new research shows that this is changing in some countries

THE changing face OF TYPE 1 DIABETES

Picture a person with type 1 diabetes: they might be a child or teenager, perhaps a young adult. What about someone in their seventies? While it has been typically viewed as a disorder of youth, research out of the Baker Heart and Diabetes Institute has found the type 1 diabetes population now looks very different, Dr Dee Tomic reports.

The population with type 1 diabetes in Australia and across the globe has changed in recent decades. Technologies such as insulin pumps and continuous glucose monitoring have made it easier for people with type 1 diabetes to manage their blood glucose control. At the same time, complications of diabetes, such as cardiovascular and kidney diseases, are arising less often due to better management of risk factors, including medications for high blood pressure and high cholesterol.

As a result, people with type 1 diabetes first diagnosed in childhood are living longer, while greater numbers of older adults are being newly diagnosed with type 1 diabetes. Our research from the Baker Heart and Diabetes Institute, published in the journal *Nature Reviews Endocrinology*, brings together findings from 25 population-wide studies of type 1 diabetes in older adults to show the changing face of type 1 diabetes.

Key findings from the new research

New cases of type 1 diabetes may be as common, or even more common, in some populations of older adults compared to children. In one study from Sweden, the greatest number of new type 1 diabetes diagnoses across all age groups of children and adults occurred in those aged 70-79 years. Similarly, in Ireland, those aged 75 years and above had the highest rate of new type 1 diabetes cases.

However, in many other countries, including the United States, China, Spain, and Japan, new-onset type 1 diabetes remains most common in childhood. Part of the difference between countries may be explained by their demographics and healthcare systems. Another contributing factor is the way type 1 diabetes is measured, with some studies using self-reported type 1 diabetes, while others use blood tests or hospital records.

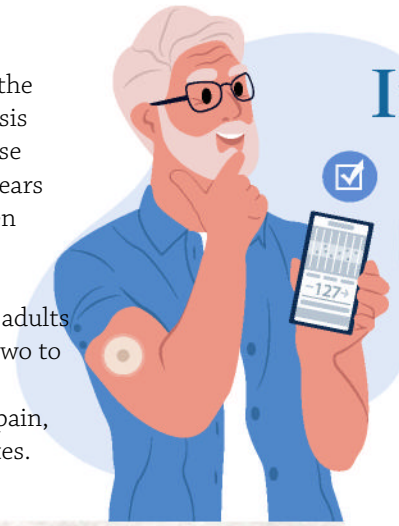
Because of this, it is difficult to say whether new-onset type 1 diabetes in older adults is really as common as it is in children. However, the total population with type 1 diabetes, including new and existing diagnoses, is clearly shifting towards older ages.

In Australia, 33 per cent of those with type 1 diabetes in 2015 were aged over 60 years, while 63 per cent were aged over 40 years. Similar findings were reported in studies from the United States and Scotland.

Older adults with type 1 diabetes also have

reduced life expectancies compared to those of the same age without diabetes. An Australian analysis found that the remaining life expectancy of those with type 1 diabetes aged 60-64 years was 6.5 years shorter for men and 8.5 years shorter for women compared to those in the general population of the same age.

Another study reported that older Australian adults with type 1 diabetes had death rates that were two to three times higher than those in the general population. Similar findings were reported in Spain, Denmark, Latvia, Scotland, and the United States.



Diagnostic challenges in older age

Differentiating type 1 from type 2 diabetes in adults, especially older adults, is a challenge that requires careful judgment. As type 2 diabetes accounts for approximately 90-95 per cent of diabetes cases, even a small proportion of those with type 2 diabetes being misclassified as type 1 would greatly inflate type 1 diabetes numbers.

Since more people are diagnosed with type 2 diabetes as adults than as children, misclassification of type 1 diabetes is more likely at older ages. There is a substantial overlap in the clinical presentation of adult-onset type 1 and type 2 diabetes, making diagnosis challenging.

Some of the blood markers that are used to diagnose type 1 diabetes in childhood wane over time, to the point that they may even be absent in older adults being investigated for diabetes. Other markers may be present at similar levels in those with adult-onset type 1 diabetes and those of the same age with type 2 diabetes.

Further complicating things is Latent Autoimmune Diabetes in Adults, or LADA, which shares features of both type 1 and type 2 diabetes. LADA is between three and 12 times more common than type 1 diabetes in older adults according to studies from Europe, China, and the United Arab Emirates.

There is still no agreement on whether LADA represents a less aggressive version of type 1 diabetes, a mixture of type 1 and type 2 diabetes, or a separate condition. Clinicians and researchers are calling for clarification of diagnostic definitions so the picture of type 1 diabetes in adults can be fully understood.

Implications and future directions

It is important to know the extent to which type 1 diabetes is occurring in older adults compared to youth, as this population requires a different approach to management. As the life expectancy of people with type 1 diabetes improves, the picture of type 1 diabetes will shift further towards an increased number of older adults with complex care needs.

Compared to children and younger adults, older adults with type 1 diabetes are particularly vulnerable to the consequences of extremely low blood glucose levels. They also have an increased risk of cognitive decline, depression, and frailty.

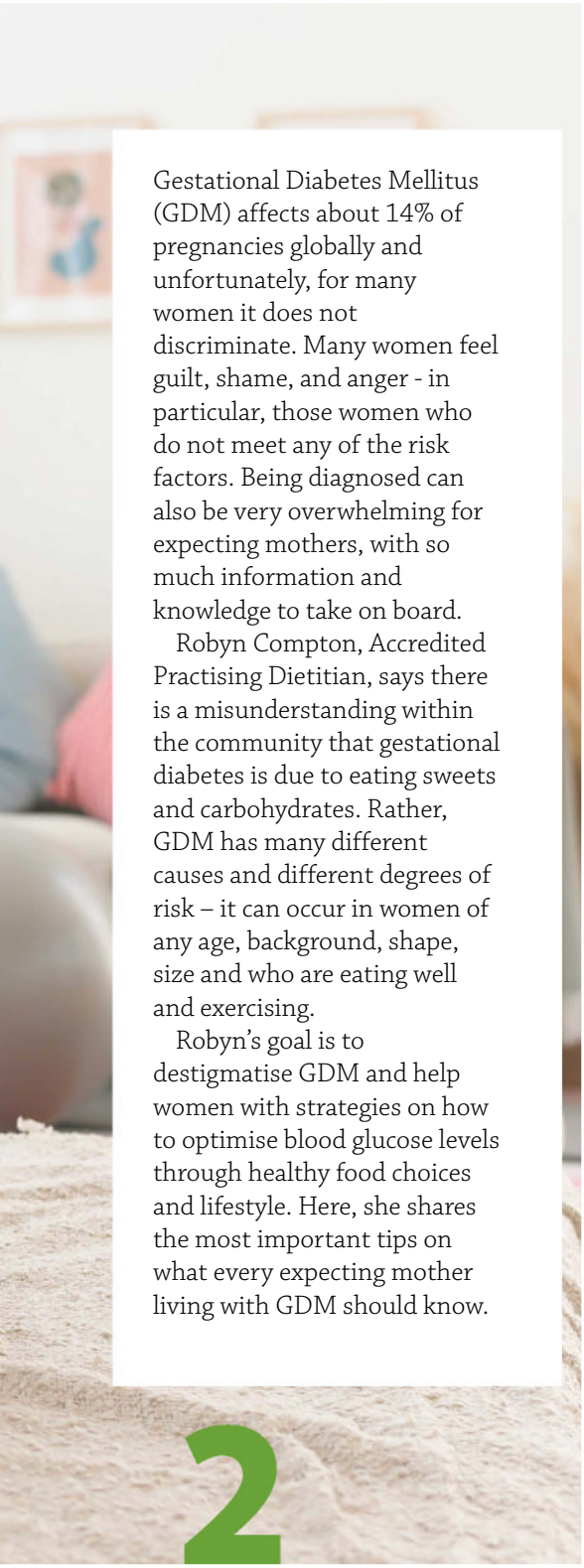
A feature of type 1 diabetes that is not well-recognised is the large proportion of middle-aged or older adults, which our research found to account for over half of all people with type 1 diabetes in several countries. This is important for healthcare professionals and service providers to know so that adequate support can be arranged for these people.

Older people with diagnosed or suspected type 1 diabetes and their families should discuss a tailored approach to management with their care team. The changing face of type 1 diabetes is a result of our improved understanding of diabetes and its treatment, which will continue to evolve and enable people with type 1 diabetes to live healthy and fulfilling lives.

Pregnancy is an exciting time and there's a lot to think about. Adding gestational diabetes to the mix can be rough. Bojana Bobusic talks to a dietitian about what you really need to know.

11 things your GD DIETICIAN wants you to know

ABOUT EATING WHILE YOU'RE PREGNANT



Gestational Diabetes Mellitus (GDM) affects about 14% of pregnancies globally and unfortunately, for many women it does not discriminate. Many women feel guilt, shame, and anger - in particular, those women who do not meet any of the risk factors. Being diagnosed can also be very overwhelming for expecting mothers, with so much information and knowledge to take on board.

Robyn Compton, Accredited Practising Dietitian, says there is a misunderstanding within the community that gestational diabetes is due to eating sweets and carbohydrates. Rather, GDM has many different causes and different degrees of risk – it can occur in women of any age, background, shape, size and who are eating well and exercising.

Robyn's goal is to destigmatise GDM and help women with strategies on how to optimise blood glucose levels through healthy food choices and lifestyle. Here, she shares the most important tips on what every expecting mother living with GDM should know.

1 GDM IS NOT YOUR FAULT

There are several factors, both genetic and hormonal, which can contribute to the development of gestational diabetes, and whether it occurs early or late in pregnancy. There are also many risk factors that are not modifiable such as family history of diabetes, age, previous pregnancy with GDM, cultural background, polycystic ovary syndrome (PCOS), and steroid medications. In many cases some women have no notable risk factors and still develop gestational diabetes.

2 THERE IS NO ONE SIZE FITS ALL

Research now shows that GDM is a heterogeneous condition and different degrees of insulin resistance and secretion in early and late pregnancy can affect the timing of presentation. For example, women who are diagnosed earlier in pregnancy are more likely to require insulin, which means they will be on a more structured eating plan to match the insulin to their diet. The key message is that what works for some women may not necessarily work for others. It's about developing confidence in women to know how to manage their own diet accordingly.

3 Carbs are not the enemy

Women and babies need carbohydrates for energy and for the baby to grow. However, the amount of carbohydrates a woman will need, and can tolerate, will depend on factors such as her appetite, activity level, ethnic background, weight goals, blood glucose levels, and whether she's eating adequately for pregnancy. One of the key messages is to swap from high-GI carbs to low-GI carbs. Low GI carbohydrates are digested more slowly and lead to more gradual rise in blood glucose. For example, swapping from white bread to multigrain bread, short grain rice to long grain rice, rice crackers to seeded crackers, and melons to berries.

4 CREATE A BALANCED MEAL

To help slow digestion and lower blood glucose levels it is beneficial to use the healthy plate template. This suggests that each meal contains ¼ plate of low-GI carbohydrates, ¼ plate of protein and good fats, and ½ plate of vegetables. Examples include meat, fish, chicken, eggs, cheese, tofu. avocado, olive oil, nuts, seeds, and peanut butter. Vegetables give lots of vitamins and minerals and also have a lot of fibre. When vegetables are on the plate all the fibre fills the gut and helps slow the digestion of the meal.

5 Snacks make a difference

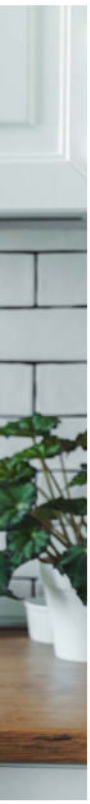
Snacks are really helpful as they stop women from getting hungry and from overeating at their meals. They provide important pregnancy nutrients and calories, and are a way of getting in more carbohydrates to meet pregnancy requirements. Having snacks helps to spread the amount of carbohydrates over the day which helps to prevent higher-than-normal blood glucose readings. Snacks with carbohydrates should be a modest amount (e.g. 15g of carbs per serve) such as a piece of fruit, yoghurt, a glass of milk, crackers and cheese. Snacks that are low in carbs include nuts, cheese, olives and vegetables.

6 MONITORING & INTERPRETING RESULTS

It is recommended that women test their BGLs four times a day - a fasting test and then two-hours post each main meal. The reason woman need to test is to ensure blood glucose levels are staying within the target range. The information that is gathered helps to modify the diet if numbers are too high or too low. Other factors that can affect blood glucose readings include stress, exercise, illness, hydration, the time of the day, and stage of pregnancy.

7 FASTING LEVELS ARE DIFFERENT

Post-meal readings reflect diet and activity during the day which can usually be managed with lifestyle alone. However, BGL fasting levels reflect underlying insulin resistance, so these readings are more influenced by genetics and hormones. Many women find they do all the right things however still experience high fasting levels. Ways to manage higher than normal fasting levels include evening exercise, a bedtime snack, as well as sleep quality and lowering stress.



8 PREGNANCY IS A DYNAMIC SITUATION

As the placenta continues to grow, hormones block insulin from going into the body's cells, therefore increasing the amount of glucose in the blood. Some women will find that foods they were able to consume start to give them higher readings than before. Therefore, it is important to keep adjusting the diet as pregnancy progresses. For example, a woman may need slightly less carbs or a different type of carb, more protein, or possibly need to add more activity to her routine.

9 Needing medication is not a fail

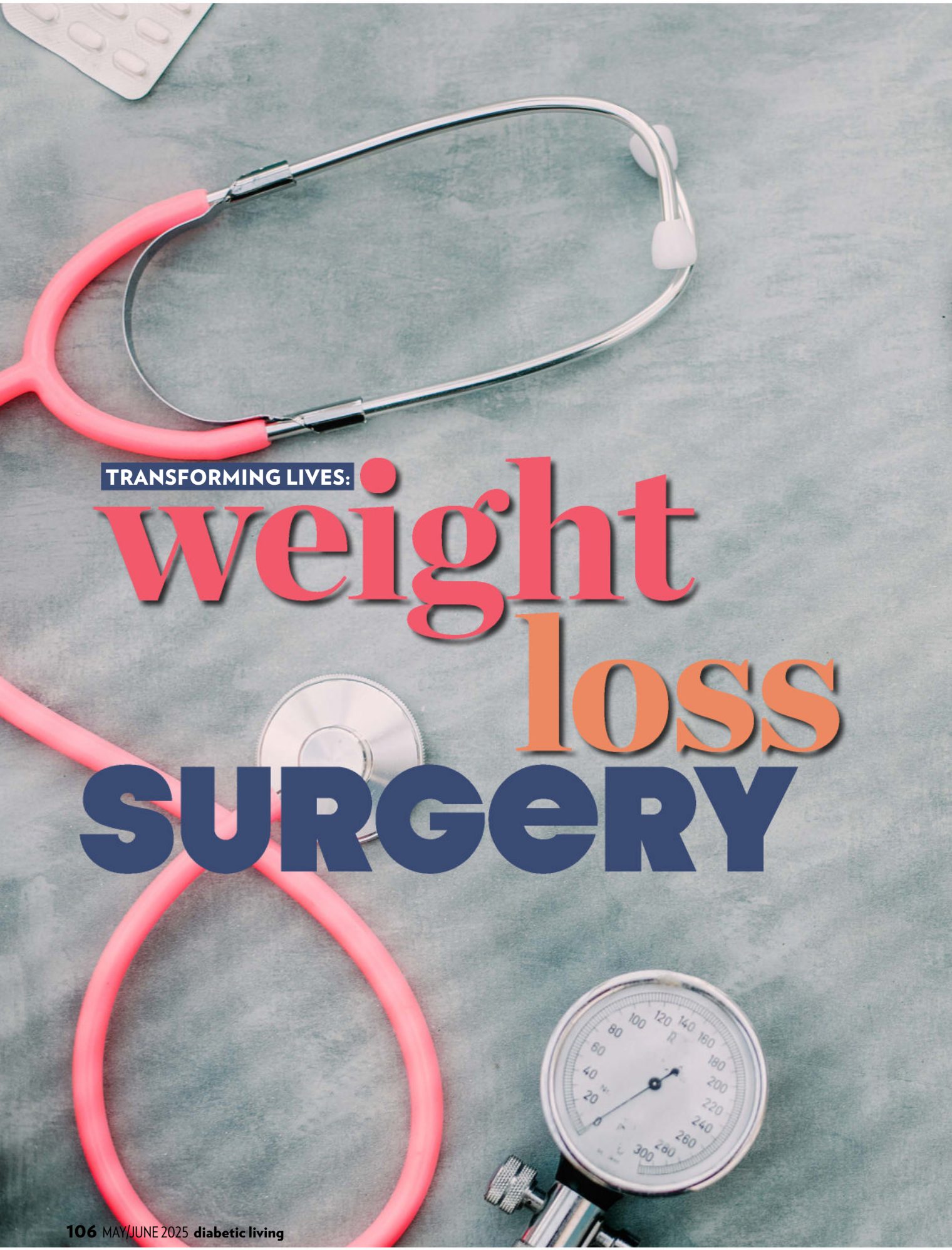
Needing medication is not through a lack of trying. Rather, it's due to underlying insulin resistance that is no longer able to be managed by lifestyle. The most common form of medication is insulin and it is safe and effective. If fasting levels are high, women are given long-acting insulin before bed which slowly works overnight to reduce morning readings. If post-meal levels are high, women will use short acting insulin with one, two or all three meals to bring down post-meal readings.

10 EXERCISE

Generally, 30 minutes of activity will help lower BGLs across the day. Exercise needs to be pregnancy suitable such as walking, swimming, pregnancy pilates or yoga, however it is recommended to consult, and have approval, by your doctor first. If you find that your post-meal readings are high, a 10 min walk after the meal can help lower blood glucose levels. If fasting levels are high, exercising in the evening can help lower fasting levels too.

11 Healthy habits in the future

For most women blood glucose levels return to normal post-delivery. However, research has shown that women who have had GDM are 10 times more likely to develop type 2 diabetes in the future. If a woman has a lot of risk factors then her risk is much higher compared to a woman who has none. It's recommended that women continue with ongoing monitoring. For example, taking the glucose tolerance test (GTT) 6-12 weeks postnatally followed by annual check-ups by the doctor. It is also recommended that women continue with the healthy habits that they developed during pregnancy.



TRANSFORMING LIVES:

weight loss SURGERY

CAN IT BENEFIT YOU?

Weight loss surgery is a life-altering procedure designed to aid in significant weight loss, reducing your risk of chronic disease and helping you live a long and healthy life.

Leading Bariatric & Gastrointestinal Surgeon, Dr Mark Magdy, and DL dietitian, Shannon Lavery, discuss the potential benefits of bariatric surgery for people living with type 2 diabetes.

Type 2 diabetes and its challenges

As you would well know, type 2 diabetes is a chronic condition characterised by insulin resistance, resulting in high blood glucose levels (BGLs). Over time, this can lead to severe complications such as cardiovascular disease, kidney failure, nerve damage, and vision problems. It's often linked to obesity, especially excess abdominal fat, which contributes to insulin resistance.

Managing type 2 diabetes typically involves a combination of lifestyle modifications, including diet and exercise, along with oral medications and/or insulin therapy. However, for individuals with severe obesity, these interventions may not be sufficient to achieve optimal BGLs or address the underlying issues of weight-related metabolic dysfunction.

Weight loss surgery: A revolutionary approach

Weight loss surgery, also known as bariatric surgery, encompasses a variety of different possible procedures designed to aid in weight loss by altering the digestive system. The most common types include sleeve gastrectomy, gastric bypass and intragastric balloons. These procedures work by either restricting the amount of food the stomach can hold, reducing the absorption of nutrients, or a combination of both. While weight loss surgery was initially conceived as a weight-loss solution, its profound metabolic effects have positioned it as a pivotal prevention and treatment option for type 2 diabetes.

BENEFITS OF WEIGHT LOSS SURGERY FOR PEOPLE LIVING WITH TYPE 2 DIABETES

Enhanced longevity and quality of life

Living with type 2 diabetes can be physically, emotionally, and financially taxing. Weight loss surgery not only improves physical health but also enhances mental well-being by restoring a sense of control over one's body and reducing the stigma associated with obesity. Patients often report higher energy levels, improved mood, and greater confidence in their ability to lead a fulfilling life.

Significant and sustained weight loss

For people living with type 2 diabetes, losing excess weight is often the first step toward improved BGLs. Weight loss surgery enables significant and sustained weight loss, which reduces the strain on the body's insulin-producing cells. Studies have shown that many patients achieve a body weight reduction of 20-30% within the first year following surgery, leading to a marked improvement in insulin sensitivity.

Improved blood glucose management

Weight loss surgery has been shown to improve glycaemic control even before significant weight loss occurs, suggesting that the procedure induces metabolic changes independent of weight reduction. For example, gastric bypass surgery alters gut hormones such as GLP-1 (glucagon-like peptide-1), which enhances insulin secretion and reduces appetite. As a result, many patients experience normalised BGLs shortly after surgery, often eliminating the need for diabetes medications.

Potential for diabetes remission

One of the most remarkable benefits of weight loss surgery is its potential to induce remission of type 2 diabetes. Remission is defined as maintaining normal blood glucose levels without the need for diabetes medications. Studies indicate that up to 80% of patients with type 2 diabetes achieve remission following bariatric surgery, depending on factors such as the type of surgery performed, duration of diabetes, and the patient's overall health.

Reduced risk of diabetes-related complications

By improving BGLs and promoting weight loss, these surgeries can significantly reduce the risk of diabetes-related complications. For instance, patients experience a lower likelihood of developing cardiovascular diseases, kidney damage, and neuropathy. In addition, the surgery's impact on weight loss alleviates strain on joints and improves mobility, enhancing overall quality of life.

Who is a candidate for weight loss surgery?

Weight loss surgery is generally recommended for individuals with a body mass index (BMI) of 35 or higher, or those with a BMI of 30 or higher who also have obesity-related health conditions such as type 2 diabetes.

Patients must demonstrate a commitment to long-term lifestyle changes, including dietary modifications and regular physical activity, to maximise the benefits of the surgery.

The road to recovery and beyond

While weight loss surgery offers immense benefits, it is not a quick fix or a standalone solution. The procedure requires patients to adopt a lifelong commitment to healthy living. It is vital to choose the right multidisciplinary team to help support and guide you through your steps towards living a lighter life.

Throughout a patient's weight loss journey, we encourage regular follow ups with our team, including sessions with our dietitian, and your endocrinologist, exercise physiologist and psychologist when needed. This will help equip you with the knowledge and motivation to develop lifelong healthy habits and maintain your weight loss.

The future of weight loss surgery and type 2 diabetes care

Despite its proven benefits, weight loss surgery remains underutilised. As research into the relationship between obesity, diabetes, and metabolic health continues to evolve, weight loss surgery is poised to play an even more significant role in diabetes care. Innovations such as minimally invasive techniques and personalised treatment plans are making the procedure more accessible and effective.

Weight loss procedures are constantly being reviewed and improved. Currently Dr Magdy and his team are conducting an Australian-first clinical trial on a less invasive weight loss procedure using an innovative magnetic technology which is proving to be very effective.

Is weight loss surgery for me?

Weight loss surgery represents a powerful tool in the fight against type 2 diabetes, offering hope and healing to those burdened by this chronic condition. By addressing the root causes of obesity and its impact on metabolism, the procedure not only improves BGL management but also enhances overall health and quality of life. For individuals who have struggled to manage their type 2 diabetes through conventional methods, weight loss surgery may provide the transformative solution they've been seeking.

With proper education, support, and access to care, more people can embrace the life-changing potential of this innovative treatment and embark on a journey toward better health.

LOOKING FOR MORE INFORMATION?

Dr Mark Magdy and DL dietitian, Shannon Lavery, work together in their consulting rooms in Miranda and St George Private Hospital, Sydney NSW. They are passionate about treating obesity and preventing chronic disease. Together, they have guided and transformed thousands of people's lives for the better.
To make an appointment with the team please call 1300 376 243 or visit drmarkmagdy.com.au.

ready, set, GOAL

Setting ambitious yet achievable goals is a key strategy when weight loss is on the table. CSRIO Total Wellbeing Diet dietitian Nicole Pritchard explains why, and how, to set goals for success

WRITTEN BY NICOLE PRITCHARD, ACCREDITED PRACTISING DIETITIAN WITH THE CSIRO TOTAL WELLBEING DIET
CASE STUDY IMAGES SUPPLIED. ADDITIONAL IMAGES GETTY IMAGES

For people living with or at risk of type 2 diabetes, weight loss isn't just about looking and feeling better - it can be a powerful tool for improving blood glucose control and reducing health risks.

Losing 5 per cent of body weight has been shown to significantly improve insulin sensitivity, blood glucose levels, and overall metabolic health. However, according to new research from the CSIRO, the key to long-term success lies in setting the right goals: ones that are realistic, achievable, and personalised.

WHY PERSONALISED GOALS MATTER

The analysis of over 22,000 members of the CSIRO Total Wellbeing Diet revealed that while most participants set ambitious weight-loss goals (of around 20 kg) for themselves at the start of the program, only three per cent were able to achieve them within 12 weeks.

In contrast, when goals were tailored to individuals through the CSIRO Total Wellbeing Diet program - factoring in things like starting weight, age, and lifestyle - success rates skyrocketed, with 47 per cent of participants reaching their targets and losing up to 11 kgs in 12 weeks.

The data shows that setting personalised (and realistic!) goals from the outset increases your chances of weight-loss success. Hitting those early milestones can boost confidence and motivation, creating a positive cycle that keeps you moving towards bigger, long-term goals.

STRETCH IS BEST

The analysis from CSIRO also highlighted the power of stretch goals - those slightly more ambitious, but still achievable targets - in driving greater early success.

For members of the CSIRO Total Wellbeing Diet, stretch goals that were personalised to their individual journeys helped them achieve significantly more weight loss in the first 12 weeks, with many sustaining that progress over 12 months.

Stretch goals also proved especially effective for those with more weight to lose. Among members starting in the obese weight category, 20 per cent achieved their stretch goal, losing 12 kg in just 12 weeks - 4 kg more than those who achieved a standard, but still personalised, goal.

ARPITA'S JOURNEY

This was certainly the case for Arpita, a 44-year-old from Melbourne who used the CSIRO Total Wellbeing Diet to lose 21.6kg in 20 months.

Prior to joining, Arpita's food habits were not in great shape. Whenever she used to step out - catching up with friends, doing the groceries, or even just walking around the shopping centre - food was involved. Generally, junk food. Her portion control had also gone way off track - big servings of meat and carbohydrates, with negligible amounts of fruit and vegetables.

At her highest weight of nearly 100kg, Arpita was at her lowest state mentally. Upset every time she looked in the mirror, physically uncomfortable and only able to wear XL t-shirts, jumpers and tracksuits rather than her beloved dresses.

Having grown up playing sports, something clicked in Arpita that the only person that could help her turn her life around was the one looking at her in the mirror.

Arpita said the personalised weight loss goal set for her by the CSIRO Total Wellbeing Diet was instrumental in her success. Having always been responsive to challenges and targets; it provided direction, motivation and accountability. Further; the meal plans, shopping guides, food and exercise tracker provided the practical support for Arpita to achieve her goal.

Knowing that the goal was achievable gave her an added boost understanding that she was indeed capable of doing what she was setting out to do:

"Having a specific, measurable target gave me hope, motivation, clear guidelines, and a sense of purpose throughout my journey. Tracking my progress kept me committed, on track, and focused on making the right choices."

Focused on what needed to be done to reach her goal she began planning her meals more diligently, developing the habit of meal prepping and incorporating regular exercise. In addition to the falling number on the scale, reinforcement came from her improved energy levels, stamina and strength.

When she achieved her first goal of losing 5kg in six weeks, she was overjoyed. It gave her the momentum to keep going and the confidence to believe that anything is possible. Reaching that initial target was a huge boost that motivated her to never look back.

Having a specific, measurable target gave me hope, motivation, clear guidelines, and a sense of purpose

For more information about the CSIRO Total Wellbeing Diet, visit totalwellbeingdiet.com.

TIPS FOR SETTING YOURSELF UP FOR WEIGHT LOSS SUCCESS

- **TRUST THE SCIENCE** There's no one-size-fits-all approach. Personalised goals, like those generated by the CSIRO Total Wellbeing Diet, consider your starting weight, age, gender, and lifestyle to set realistic yet challenging targets. Overly ambitious, self-set goals can be frustrating when they are not achievable. Work with tools like My Journey (an AI-powered tool) to ensure your goals are aligned with your capacity and lifestyle.

- **START SMALL FOR BIG WINS** Early momentum matters. Focus on achievable milestones that build confidence and motivation. Celebrating small victories creates a positive feedback loop that keeps you on track.

- **EMBRACE STRETCH GOALS** Set and work towards more ambitious – but realistic – targets that are tailored to your circumstances, and push you a little more to see what's possible.

- **MEASURE PROGRESS, NOT PERFECTION** Progress isn't just about the scale. Track other indicators of health like energy levels, fitness milestones, and improved eating habits to stay motivated.

- **FOCUS ON LONG-TERM HABITS** Weight loss is not just about short-term wins but building sustainable habits. With the right guidance and a clear plan, you can maintain a healthy weight and lifestyle well into the future.

- **DON'T COMPARE YOURSELF TO OTHERS** Reflect on your own journey and goals often. Focus on the positives and your achievements and learn from your mistakes. No two people are the same, so no two weight loss journeys will be the same either.

- **USE THE TOOLS** Weighing yourself regularly, using the meal plan, and tracking your food and drink intake are the three key behaviours that our research has shown to have the biggest impact on weight loss.

DINING OUT WITH diabetes

Eating out doesn't have to mean derailing your health. Smart choices and careful planning can make all the difference.

Whether it's a nice restaurant, a special family celebration or a party with friends, we all take pleasure in eating out and enjoying a meal with others. However, these occasions often come with the temptation to order foods high in fat and energy and served in amounts much larger than we need! So how can you enjoy yourself without negatively affecting your blood glucose levels and weight? DL Magazine dietitian and diabetes educator, Dr Kate Marsh explains.

If you only eat out occasionally, the choices you make are less likely to affect your overall diabetes management. However, the more often you eat out, the more important it is to choose carefully. Fortunately, there are plenty of options for eating well away from home. Here are some tips to help when you next eat out, whether at a restaurant or café, when buying takeaway or eating at family or friends.

AT A RESTAURANT OR CAFE

▸ **See what's on the menu.** Before visiting a restaurant, look at the menu online to check for diabetes-friendly options. Many venues provide nutrition information, which can help you in choosing a meal that meets your dietary needs.

▸ **Don't see anything suitable on the menu?** Ask if the restaurant can customise a meal by omitting or replacing ingredients from other dishes on the menu. Most restaurants can adjust for dietary needs.

▸ **You probably wouldn't eat a three-course meal at home**, so don't feel you need to when dining at a restaurant. Also, don't feel that you need to eat everything on your plate just because you've paid for it. Portion sizes when eating out are often too big, so stop when you are satisfied, not overly full.

▸ **Choose lean meats, chicken or fish** that have been grilled, steamed, stir-fried or baked, and avoid the battered, crumbed and fried options. Or go vegetarian, and choose meals based on legumes or tofu.

▸ **Swap your sides.** Hot chips, potato or sweet potato wedges, creamy mashed potato or oil-laden roast vegetables can really add up the fat and kilojoules. If they are available, go for steamed vegetables or a salad instead.

▸ **Avoid creamy sauces and dressings** or ask for these on the side and add just a little for the taste. For salads, go for vinegar and oil-based dressings rather than creamy dressings or mayonnaise.

▸ **When choosing higher-carb dishes** like pasta and risotto, order an entrée size with a side serving of salad or steamed vegies.

▸ **Skip the chips.** Fish, schnitzels, and burgers usually come served with chips, even if you don't order them. Ask to leave them out if you don't want to be tempted!

▸ **If you enjoy dessert,** go for fresh fruit, berries, and fruit sorbets rather than rich cakes, puddings and pastries. Or consider sharing dessert with a fellow diner.

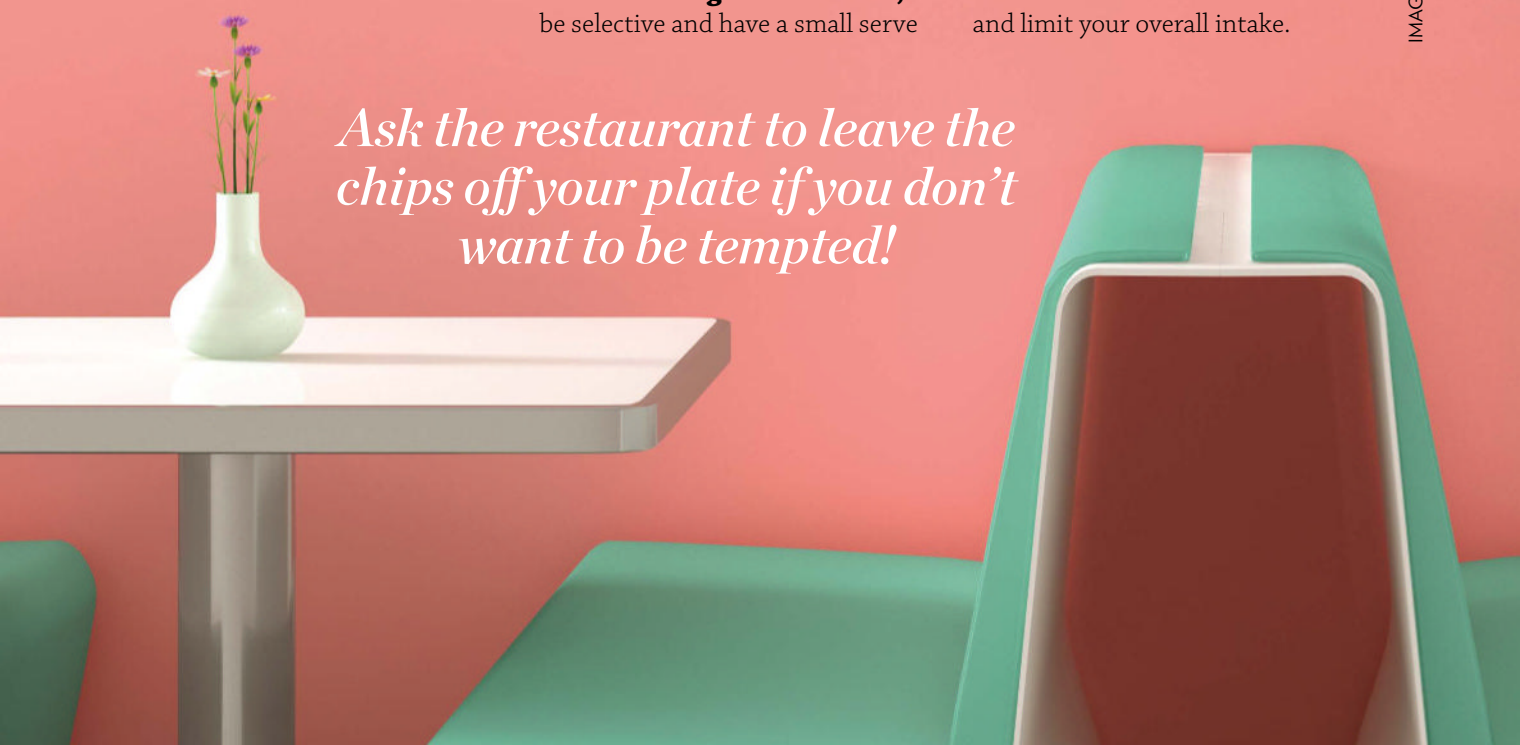
▸ **When eating from a buffet,** be selective and have a small serve of each of the most appealing dishes on offer. Avoid the temptation to pile up your plate or go back for multiple courses.

▸ **Attending a finger food function?** Consider having a light meal before you go, so you don't turn up starving. Then you can just enjoy a taste of the items that really appeal, without needing to fill up on what are often energy dense offerings, with little in the way of vegies.

▸ **Like to dine out for breakfast?** Forget the bacon and sausages and go for poached eggs with a side of vegetables (such as tomato, spinach or mushrooms) and some wholegrain or sourdough toast.

▸ **Don't forget your fluids**. Many people consider what they eat but forget that what they drink on special occasions can really add up. Avoid or limit alcohol and sugar-sweetened soft drinks - not only are they high in energy, but alcohol can also increase your appetite. If you do choose to drink alcohol, alternate alcoholic drinks with mineral water or soda water and limit your overall intake.

Ask the restaurant to leave the chips off your plate if you don't want to be tempted!



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BUYING TAKEAWAY

There are plenty of healthier takeaway options on offer now, so forget fast foods and choose one of these instead:

VIETNAMESE RICE ★★ PAPER ROLLS ★★
filled with vegies and lean meat, chicken, prawns or tofu

ASIAN NOODLE SOUP
with lots of vegies and lean meat, chicken or tofu

WHOLEGRAIN OR SOURDOUGH ❀❀ SANDWICH ❀❀
with chicken, salad and avocado

★★ SALADS ★★
with lean unprocessed meat, chicken, fish, seafood, egg or legumes and an oil and vinegar dressing

BROWN OR BLACK RICE SUSHI
served with edamame beans and seaweed salad

BBQ CHICKEN
♡♡ with salad ♡♡

ITALIAN-STYLE THIN BASE PIZZA
with vegetable and/or seafood toppings

CAFÉ-STYLE BURGER
on a wholemeal or sourdough roll with a lean meat patty or grilled chicken and salad (but leave the extras such as bacon, cheese and egg)

GRILLED FISH
♡♡ with salad ♡♡

★★ SMALL KEBAB ★★
with lean meat or chicken, lots of salad and hummus or tzatziki

SOFT TACOS OR BURRITOS
with lots of salad, beans, a small amount of lean meat or chicken, and guacamole (but leave the sour cream and cheese)

AT FRIENDS OR FAMILY

When eating at friends' or family, ensure there are some healthy options by offering to take an entrée, salad or dessert. A few good choices which will be enjoyed by everyone include:

- **Hummus dip with vegetable crudités**
- **Guacamole with toasted wholemeal pita bread**
- **Vietnamese rice paper rolls with peanut dipping sauce**
- **A fresh salad**
- **A loaf of freshly baked sourdough bread**
- **A bowl of mixed berries and some Greek yoghurt**
- **A seasonal fruit platter**

Resources

For more tips on eating out, the NDSS have a free fact sheet on diabetes and eating out, available from: ndss.com.au/about-diabetes/resources/find-a-resource/eating-out-fact-sheet/

HOW TO get fit FOR FREE

Forget paying hundreds of dollars a year to stay physically active. With the right fitness apps and channels you can enjoy structured, guided workouts for free. By Karen Fittall

If you feel like you're spending more on necessities these days, including things like food, housing and insurance, you're not the only one. Recent research from Monash University confirmed that most people in Australia are, often at the expense of discretionary items.

If that's meant you've recently quit spending money on exercise, it's understandable, given the average gym membership in Australia costs more than $60 a month. Then there are pilates classes, personal trainers and workout apps that require monthly subscriptions to access content.

Now for the good news. Getting and keeping fit doesn't have to cost a cent – and no, we don't just mean the obvious free options like heading outdoors for a walk or going for an ocean swim. Those activities are great, and definitely 'count' as physical activity, but it's also possible to enjoy expert-designed workouts and routines without opening your wallet.

Here are some of the best free exercise apps and YouTube channels to consider taking for a spin.

For an all-in-one app, try ***FitOn***. Choose between cardio and strength training to high intensity interval training (HIIT), yoga, pilates and more. There are even guided meditations to try and a function that allows you to build customised workout plans tailored to your ability and goals. And while there is an option to pay for and upgrade to the app's pro content, there's really no need to – FitOn's tagline is 'fitness is always free' and it more than delivers on that promise.

If you want to improve your flexibility, try ***Yoga With Adriene***. There's a reason this YouTube channel has more than 13 million subscribers. Featuring more than 750 yoga workouts, not only is it all free, you can select your favourite videos from curated collections including 'yoga for back pain', 'morning yoga' and 'yoga for beginners'. A bonus is the fact that in most videos, Benji, a super-cute blue heeler, makes an appearance.

For advice about which workout will suit you, try ***Nike Training Club***. When COVID first hit in early 2020, Nike removed the price of its training club app to help people get or stay fit during lockdown. It never reintroduced a fee, so it's still completely free! Sign up for a free account and you'll gain access to more than 600 workouts, everything from strength-building and yoga routines, to HIIT and sessions that combine mindset-based practices with movement. And the best thing is you can zero in on your ideal workouts using filters such as duration, intensity, your experience and whether or not equipment is required.

If you like the familiarity of sticking with the same trainer, try ***PS Fit***. This YouTube-based workout channel has a little bit of everything. Strength training, dance-based workouts, cardio workouts, yoga, stretching, low-impact workouts – it's all there. And while brand new workouts are added every week, if you like to see a familiar face, you can select your favourite trainer and stick to the workouts that are led by them.

Now for the good news. Getting and keeping fit doesn't have to cost a cent. It's possible to enjoy expert-designed workouts without opening your wallet.

If you like the idea of attending group classes, try ***FIIT***. As soon as you download and activate the app, you'll get access to more than 40 free group classes that you can do anytime, anywhere. Many of the classes are equipment free, but if you've got a treadmill or exercise bike at home, the free group classes in this app can help you get the most out of bits of kit like that, too.

If you're short on time, try ***5 Minute Yoga***. As the name

Got five minutes? You've got time for a quick yoga-based workout. For free.

PHOTOGRAPHY AND ILLUSTRATIONS GETTY IMAGES

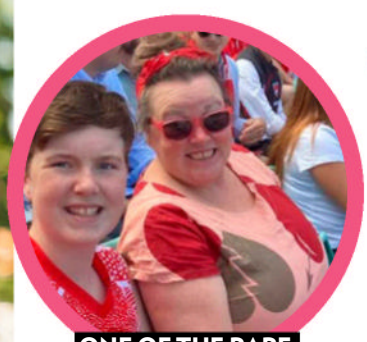
suggests, all the yoga-based workouts on this app are no longer than five minutes – perfect when you're stretched for time, but you can always do a few in a row if you have longer to spend. Every pose features clear images and detailed instructions and a timer function means you'll hold each of them for just long enough. Like many apps that offer free content, this one does include pro content behind a paywall, but the free stuff is perfect for beginners and also includes two new yoga sessions each week.

If your body prefers low-impact workouts, try ***Body Project***. Another YouTube offering, this channel is all about workouts that are gentle on joints but still get your heart rate up. You can also head over to teambodyproject.com to create a membership account and gain access to more free workouts that aren't available on YouTube, including one called Senior Strong. It's a three-week program that's designed to develop strength, lung and cardio health, flexibility, bone density, mobility, balance and core strength.

And if you can't go past walking as your preferred exercise, try ***Charity Miles***. This app is almost guaranteed to motivate you to take more steps, because with every step you take, you'll raise money for a good cause. In a nutshell, via the app, corporate sponsors donate up to 25c for every 1.6 kilometres you walk (or run or cycle) to your preferred charity, which you choose when you sign up. And while the list of available charities are based in the United States, there are loads that will resonate, including The Michael J. Fox Foundation, the Malala Fund, World Central Kitchen and Save the Children.

my story

"I am not missing out or putting unrealistic expectations on my body"



ONE OF THE RARE PHOTOS OF ME, I RARELY LIKED SEEING MYSELF IN PHOTOS AND MY SON, NIK

After years of medical issues, our art director Dania finally decided to tackle the feeling of things not being quite right

I had been feeling unwell for a while, and after Covid caught up with me in May 2023, my health continued to decline so I decided 2024 was going to be my year of getting healthy. It was easy to write everything off as 'Long Covid': the aching joints, inflammation, the lethargy; but by December 2023, I just wanted to feel well. My right shoulder (which had been fine before Covid) had progressed to the point where I could no longer lift my arm. I had learnt to work left-handed but my ability to paint or draw became impossible, as did most day-to-day activities. By January 2024, I was 99.9 kilos and I dreaded looking at the scales. Mentally, I knew seeing 100 kilos would break me.

I was lucky to have a great general practitioner in Dr S.and after listening to my laundry list of problems, (fatigue, nausea, feeling "internally inflamed", and a frozen shoulder) we started to look at what could be underneath. I was sent for blood tests, calcium coronary CT scans, abdominal ultrasound, and an MRI on my shoulder. They all came back abnormal. One of the major results was my shoulder would require a complete reconstruction as the joint had severe arthritis with tendon tears and ligament damage. I could explain my weight gain due to reduced activity with my shoulder creating constant pain and my fatigue due to the pain keeping me awake, but the results reflected much worse. I had non-alcoholic fatty liver (I haven't drunk alcohol in 18 years), my cholesterol was high, I was insulin resistant. I was anaemic and would require an iron infusions; I needed to lose weight, a lot of weight, from my 1.57m frame. Among many new medications the doctor suggested, the main was a GLP1 for both my insulin resistance and weight loss. Initially I felt a bit guilty as I wasn't diabetic. I didn't want to be responsible for someone who really needed it missing out. Dr S. assured me that heathwise,
I really did need it if I wanted to get well.

The side effects.

Working with Dr S. I was informed about the most common side effects of GLP1 drugs. They may include nausea, vomiting, diarrhoea, stomach (abdominal) pain, and constipation; and how long it would take before the symptoms eventually eased. We also discussed the more serious side effects such as pancreatitis, changes in vision, low blood sugar, kidney probems, serious allergic reactions, gallbladder problems, and to contact her immediately if any of the more serious symptoms occurred.

I was lucky and only suffered from two minor symptoms, constipation and nausea, of which the nausea was the hardest part. The constant feeling of nausea that lasted all day was much like my morning sickness 15 years before, but it also highlighted what happens when you go on GLP1 medication, I didn't feel like eating anything either. The afternoon chocolate hit, the midnight biscuit tin raid, a second helping, they all disappeared. No pangs of hunger, no thoughts of what's for dinner, nothing. If I was busy, I seriously forgot to eat. It took about two months for the nausea to fully subside, and after three months

of taking GLP1 medication, I was feeling relatively like my old self. The constipation is still something that I regularly have to watch. Making sure I drink more water than I ever have, and ensuring I eat high-fibre foods is my way of combatting this; I found it easier in summer with stone fruits in abundance. Dried apricots with my overnight oats for breakfast helped during winter.

At the same time, I had an iron infusion, started taking cholesterol medications, metformin for my insulin resistance, and I still needed shoulder surgery. At nearly 55, I had the shoulder of an 80 year old and that would need to take precedence if I was to get back to being healthy. I had a complete reconstruction in June 2024 and was told I would not be able do anything for six weeks except binge-watch tv and relax.

Everything became difficult: washing my hair, dressing myself, making a cup of coffee, all took way more energy that it usually did; but at least the GLP1 medication was working, and I was not sitting on a couch eating my sadness.

Advice for starting

» Make sure you have a great GP. I know that my doctor was aware of all my health issues over the last 20 years since I moved into the suburb. You want to have someone who understands your body, any underlying conditions, will monitor your progress, alter dosages, and track your progress. Without a good GP I believe a lot of my problems would have been ignored and not thoroughly diagnosed. Further testing found I had the Hla b27 gene, a major contributor to inflammation. Your doctor might recommend a different approach to weight loss that better suits you, or how to implement exercise and diet changes into your daily life.

» Make sure everyone is on board. You will definitely need support from family and friends. As you are eating less, those you live with will need to be aware of reducing portions sizes, or to be prepared for leftovers. Suggesting recipes from *Diabetic Living* magazine helped the main cook in our house (definitely not me!) to buy and prepare meals high in fibre and protein, lower in carbs, and nutritionally good for the whole family. Catching up with friends can be fun but alcohol and food can become an issue, especially when splitting the bill!

» Don't jump on the scales every second day. It can be tempting to over-monitor your weight, hoping to see changes daily but it doesn't work like that. To be truly healthy and to keep the weight off permanently, slow and steady really does win the race. You can be tempted to increase your dose to unhealthy ranges, or lose hope altogether, if the weight is coming off too slow. The proliferation of celebrities espousing GLP1 drugs but not detailing they have personal chefs and personal trainers on call, can falsely make you believe it is not working. I have noticed the weight loss predominantly around my face and neck, but it has also revealed the wrinkles that the puffy face was hiding!

» Don't give up fun! While I used to regularly over-indulge, I still want to enjoy life as I continue on my health journey. Deprivation will make you miserable and can leave you turning to "emotional food support". At Christmas, I allowed myself to enjoy a mince pie or two (or seven!), celebrate the season with friends eating out, but all within reason. I know myself and find it very easy to slip into bad habits. I allowed myself some wiggle room, but I also reset those goals quickly.

To March 2025

As I write this, I have lost a total of 15 kilos. Through the holiday season, I neither gained nor lost weight, but I enjoyed life to its fullest. I am still on the GLP1 medication and am back to eating normally (and resisting those Caramilk hot cross buns), swimming as often as possible and working with my GP to ensure I am on the right track with dosages. I still need to lose more weight for my frame, and that will in turn ease some of my other health issues, but I am in it for the long run. I'm ok with losing about 1 kilo a month as long as I feel like I am not missing out or putting unrealistic expectations on my body. I'm healthier, able to fit into my clothes better, and able to set new goals for the year.

MAIN IMAGE: NIK WARMERDAM. THIS PAGE GETTY IMAGES

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that C=9, L=20, and T=23. You can record each letter as you work it out in the letter checker at the bottom of the grid.

1	5	15	25	7	6	■	9	18	23	3	9	20	13	■	8	18	6	3	9	13
■	15	■	15	■	18	■	24	■	24	■	7	■	15	■	1	■	5	■	7	■
7	15	23	7	■	25	23	5	3	1	■	1	7	26	18	13	■	14	5	6	25
■	7	■	7	■	23	■	15	■	7	■	26	■	18	■	23	■	22	■	13	■
6	14	7	8	3	5	■	9	7	12	26	3	1	20	■	13	6	13	15	11	25
■	■	1	■	■	1	7	13	■	22	■	■	■	10	5	21	■	■	■	3	■
5	25	9	13	15	11	■	11	3	5	1	3	13	25	■	23	7	12	22	5	1
■	19	■	22	■	■	■	■	■	9	■	15	■	■	■	■	■	24	■	15	■
20	18	6	22	13	1	■	20	3	2	13	15	13	11	■	11	1	7	12	25	14
■	13	■	■	■	13	6	18	■	■	■	7	■	3	17	14	■	■	7	■	■
17	13	20	20	18	6	■	15	7	17	3	9	13	25	■	15	7	22	7	11	14
■	4	■	5	■	15	■	9	■	3	■	18	■	6	■	5	■	5	■	7	■
20	3	5	1	■	5	9	24	13	11	■	7	8	5	20	25	■	15	7	7	2
■	15	■	17	■	15	■	13	■	13	■	18	■	14	■	23	■	16	■	15	■
5	26	24	5	25	23	■	25	8	7	18	25	13	25	■	14	13	7	6	5	15

1	2	3	4	5	6	7	8	9 C	10	11	12	13
14	15	16	17	18	19	20 L	21	22	23 T	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

1 Devil-may-care, reckless (8)
6 Devastation (10)
13 Evade, dodge (5)
14 Fragrant tree bark (9)
15 Hard resin of the pine (5)
16 Poker-faced (7)
18 Innocent person who takes the blame (9)
19 Golf peg (3)
20 Fortunate (5)
22 Mike ---, boxer (5)
24 Bar account (3)
26 Master of ceremonies (5)
28 Golf score of one under par (6)
29 Afloat (6)
31 Having died out (7)
32 African lily (10)
34 Make sense of (10)
37 Enclosed lamp (7)
38 Croaky voice (6)
39 Devonshire tea cakes (6)
41 Louisiana swamp (5)
42 Bullfight call (3)
43 Of high moral character (5)
45 Tribal leader (5)
46 Edge (3)
48 Candidate (9)
51 Proceeds, revenue (7)
53 Bindi's mum (5)
54 Black ground cover plastic (9)
55 Job, errand (5)
56 Tall herb with a blue flower (10)
57 Common gas (8)

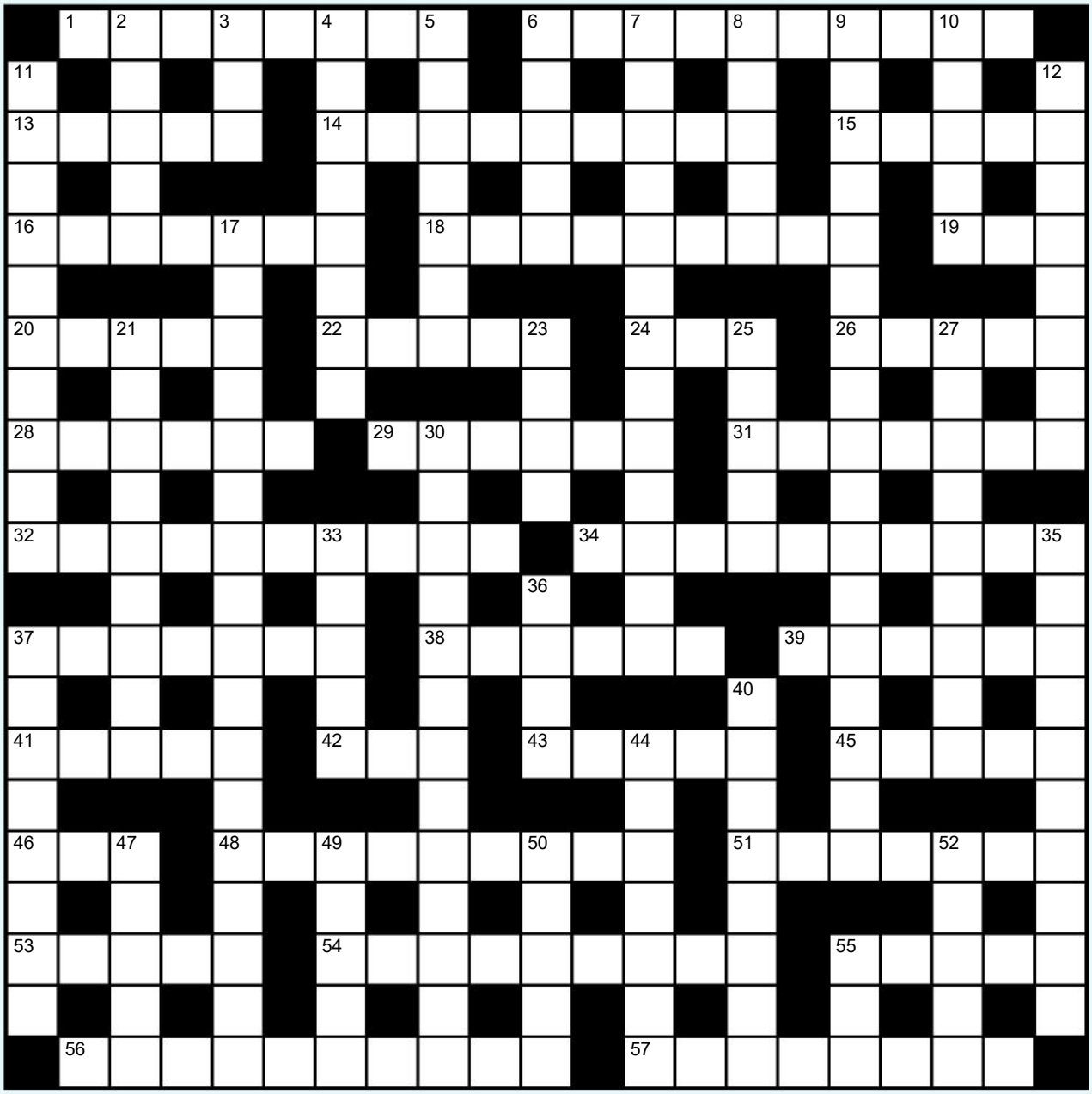
DOWN

2 Hawaiian 'hi' (5)
3 Support, help (3)
4 Madness (8)
5 Fails to bow to pressure (7)
6 Princess ---, the People's Princess (5)
7 Underhanded (13)
8 Cowboy's rope (5)
9 Forgo retaliation (4,3,5,5)
10 Beginning (5)
11 Branched candlesticks (10)
12 Obscene, vulgar (8)
17 PE subject at school (8,9)
21 Surely (9)
23 Film ---, movie genre (4)
25 Censor's noise (5)
27 Sentenced to punishment (9)
30 Child's wife (8-2-3)
33 Latin ballroom dance (5)
35 Suffering great trouble (10)
36 Make money (4)
37 Set free (8)
40 Clergy clothing (8)
44 Amid two objects (7)
47 --- Polo, Venetian traveller (5)
49 Of a pontiff (5)
50 Coming later (5)
52 Hangman's knot (5)
55 Pigeon noise (3)

				5	4	2	9	8
			8	9			1	3
					6	4		7
		7		2	5	3		9
	5						8	
1		3	6	8		5		
2		1	5					
7	4			6	1			
9	3	5	4	7				

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



Turn upside down for puzzle solutions

Code Cracker

R	A	N	S	O	M		C	U	T	I	C	L	E		P	U	M	I	C	E
	N		N		U		H		H	O		N		R		A		O		
O	N	T	O		S	T	A	I	R		R	O	G	U	E		Y	A	M	S
	O		O		T		N		O		G		U		T		B		E	
M	Y	O	P	I	A		C	O	W	G	I	R	L		E	M	E	N	D	S
			R										F	A	X				I	
A	S	C	E	N	D		D	I	A	R	I	E	S		T	O	W	B	A	R
	Q		B				C			N					H			N		
L	U	M	B	E	R		L	I	K	E	N	E	D		D	R	O	W	S	Y
	E				E	M	U			O		I	V	Y				O		
V	E	L	L	U	M		N	O	V	I	C	E	S		N	O	B	O	D	Y
	Z		A		N		C	I		U		M		A		A		O		
L	I	A	R		A	C	H	E	D		O	P	A	L	S		N	O	O	K
	N		V		N		E		U		Y		T		J		N			
A	G	H	A	S	T		S	P	O	U	S	E	S		Y	E	O	M	A	N

Crossword

Across: 1 Cavalier, **6** Desolation, **13** Avoid, **14** Sassafras, **15** Rosin, **16** Deadpan, **18** Scapegoat, **19** Tee, **20** Lucky, **22** Tyson, **24** Tab, **26** Emcee, **28** Birdie, **29** Adrift, **31** Extinct, **32** Agapanthus, **34** Comprehend, **37** Lantern, **38** Hoarse, **39** Scones, **41** Bayou, **42** Ole, **43** Noble, **45** Elder, **46** Rim, **48** Applicant, **51** Takings, **53** Terri, **54** Polythene, **55** Chore, **56** Cornflower, **57** Nitrogen.

Down: 2 Aloha, **3** Aid, **4** Insanity, **5** Resists, **6** Diana, **7** Surreptitious, **8** Lasso, **9** Turn The Other Cheek, **10** Onset, **11** Candelabra, **12** Indecent, **17** Physical Education, **21** Certainly, **23** Noir, **25** Bleep, **27** Condemned, **30** Daughter-in-Law, **33** Tango, **35** Distressed, **36** Earn, **37** Liberate, **40** Vestment, **44** Between, **47** Marco, **49** Papal, **50** After, **52** Noose, **55** Coo.

Sudoku

3	1	6	7	5	4	2	9	8
5	7	4	8	9	2	6	1	3
8	2	9	3	1	6	4	5	7
4	8	7	1	2	5	3	6	9
6	5	2	9	4	3	7	8	1
1	9	3	6	8	7	5	4	2
2	6	1	5	3	9	8	7	4
7	4	8	2	6	1	9	3	5
9	3	5	4	7	8	1	2	6

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Alix Davis, Editor

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KEY Gluten free · Gluten-free option · Vegetarian · Lower carb · Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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